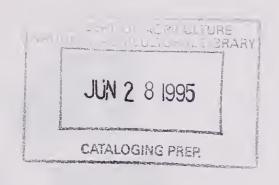
Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

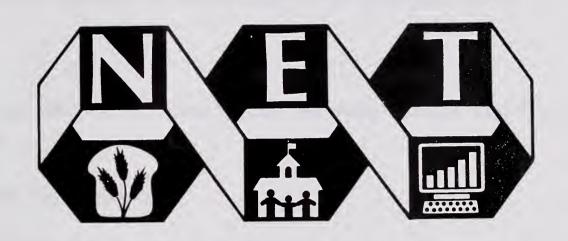




Virginia SFSP Resource Guide

1995 Edition

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NUTRITION EDUCATION AND TRAINING PROGRAMS UNITED STATES DEPARTMENT OF AGRICULTURE FOOD AND CONSUMER SERVICE

CHRISTOPHER J. MARTIN REGIONAL ADMINISTRATOR

ROBERT J. FREILER
REGIONAL DIRECTOR
SPECIAL NUTRITION PROGRAMS

MID-ATLANTIC REGIONAL OFFICE 300 CORPORATE BOULEVARD ROBBINSVILLE, NEW JERSEY 08691-1598

The Nutrition Education and Training Program (NET) is available to all eligible persons regardless of race, color, national origin, handicap, sex or age. If you believe that you have been discriminated against because of race, color, national origin, sex, age or handicap, write immediately to the Secretary of Agriculture, Washington, D.C. 20250

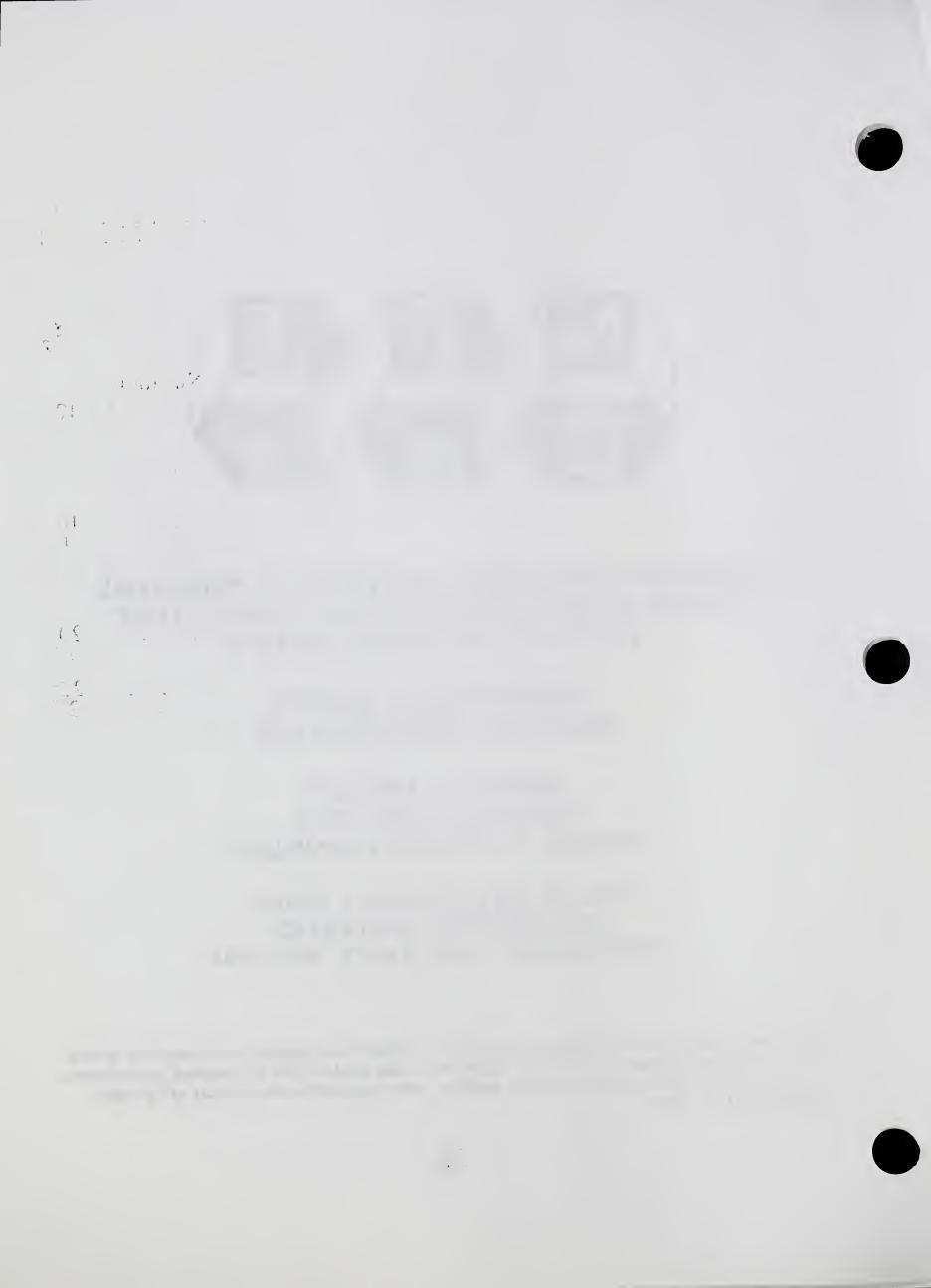


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Resource Listings: This listing includes lending libraries, clearinghouses and general sources for materials. These sources generally have a variety of resources and information available for purchase or loan.

American Public Health Association Clearinghouse on Infant Feeding and Material Nutrition

1015 15th Street

N.W. Washington, District of Columbia 20005

Telephone: (202) 789-5600

Center For Disease Control Public Inquiries 1600 Clifton Road, N.E. Atlanta, Georgia 30333 Telephone: (404) 639-3534

Center For Nutrition Policy and Promotion 1120 20th Street N.W. - 200 North Lobby Washington, District of Columbia 20036

Telephone: (202) 208-2417

Fax: (202) 208-2321

The center is the current source of nutrition information about the Dietary Guidelines for Americans and the Food Guide Pyramid. The center maintains a large resource base of related nutrition materials.

Consumer Information Center

P.O. Box 100

Pueblo, Colorado 81002

Fax: (719) 948-9724

Program guides and publications can be ordered through the Government Printing Office. Be sure to check current availability. Consumer publications can be ordered from the Consumer Information Center. Include a self addressed, stamped envelope; specify the item number(s) desired on the envelope and include (if applicable) a check or money order payable to the "Superintendent of Documents."

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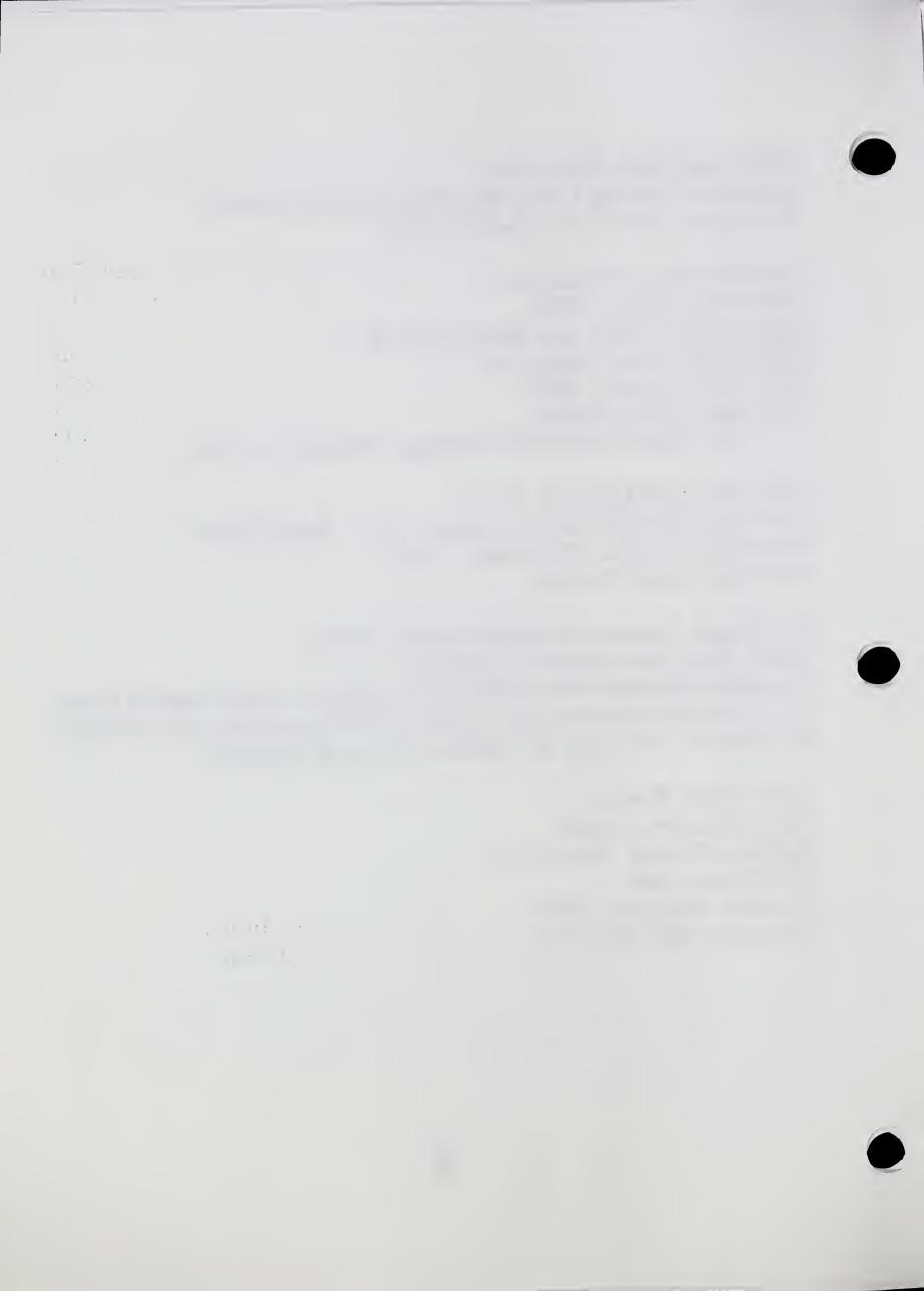
DHHS and USDA Publications
Government Printing Office, Superintendent of Documents.
Washington, District of Columbia 20402

Food and Drug Administration
Office of Consumer Affairs
Department of Health and Human Services
5600 Fishers Lane - Room 1685
Rockville, Maryland 20857
Telephone: (202) 619-0257
(301) 504-5719 for FDA Labeling information at FNIC

Food Safety and Inspection Service 14th Street and Independence Avenue, S.W. - Room 2925-S Washington, District of Columbia 20250 Telephone: (202) 720-3333

The Human Nutrition Information Service (HNIS)
United States Department of Agriculture
The Human Nutrition Information Service (HNIS) no longer supplies listings of current publications on topics related to the Dietary Guidelines; please see the listing for the Center for Nutrition Policy and Promotion.

Indian Health Service
Communications Director
Parklawn Building - Room 6-35
5600 Fishers Lane
Rockville, Maryland 20857
Telephone: (301) 443-3593



John C. Stalker Institute of Food and Nutrition Farmingham State College 100 State Street

Farmingham, Massachusetts 01701-9101

To borrow materials from the John C. Stalker Resource Library, call (508) 626-4756 or fax (508) 626-8132. The institute will make every effort to respond within two working days. The Stalker Institute will pay postage and insurance for mailing to the lender. The lender is responsible for paying return postage and insurance. Lending time is two weeks and the lender is responsible for returning resources no later than date stamped on the card. Materials should be returned first class postage, insured. Delinquent materials - call and renewal will be given, if possible. Lost books or videos-The lender is responsible for full replacement costs and will be billed for replacement. The institute maintains its own consolidated resource list.

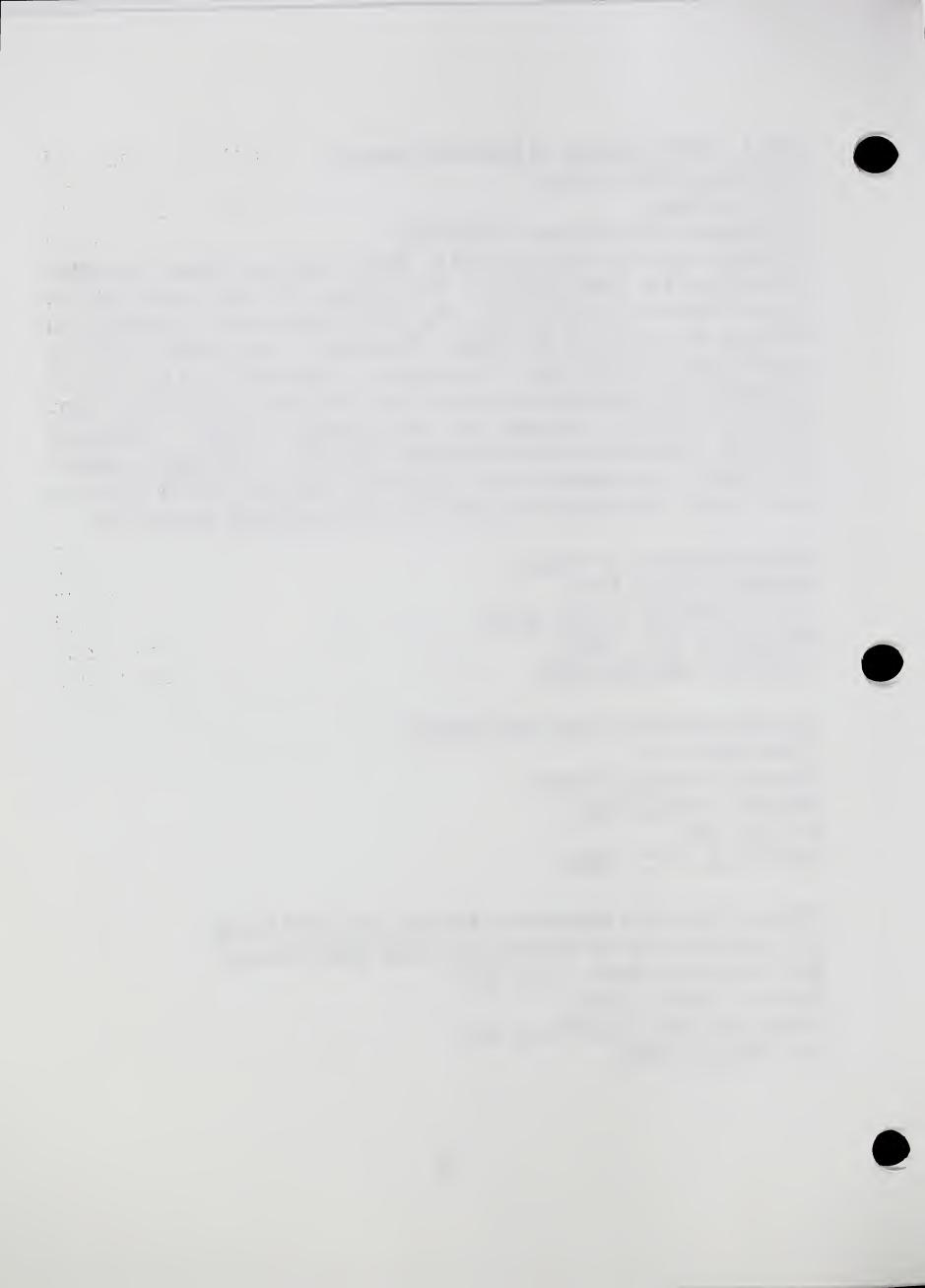
National Academy of Science National Academy Press 2101 Constitution Avenue, N.W. Washington, D.C. 20418 Telephone: (800) 624-6242

For correspondence, orders and remisses Please address to: National Academy of Science National Academy Press P.O. Box 285 Washington, D.C. 20055

National Center For Education in Maternal and Child Health (in conjunction with the Maternal and Child Health Bureau) 8201 Greensboro Drive - Suite 600 McLean, Virginia 22102

Telephone: (703) 821-8955 ext. 254

Fax: (703) 821-2098



The mission of the National Center for Education in Maternal and Child Health (NCEMCH) is to promote and improve the health education and well-being of children and families by providing a national focus for the collection, development and dissemination of information and educational materials on maternal and child health; and collaborating with public agencies, voluntary and professional organizations, research and training programs, policy centers and others to advance education and program and policy development.

The center maintains a program interchange designed to promote the cooperative exchange of information about program ideas activities and materials among the Title V community, the interchange provides information about selected materials and publications related to MCH which have been developed or are available from federal agencies, state and local health agencies, and voluntary and professional organizations. The materials cited in the interchange have been incorporated into the MCH reference collection at NCEMCH. All items in the reference collection are available for loan to those involved in Title V programs or copies of materials can be ordered directly from the contributing organizations and agencies. When ordering materials from the clearinghouse refer to the inventory code number located with the contact material.

National Center for Health Statistics Data Dissemination Branch 6525 Belcrest Road - Room 1064 Hyattsville, Maryland 20782 Telephone: (301) 436-8500



The National Food Service Management Institute.

University of Mississippi

P.O. Drawer 188

University, Mississippi 38677-0188

Telephone: (601) 232-7658

Fax: (601) 232-5615

Toll free telephone: (800) 321-3054

Toll free fax: (800) 321-3061

Items listed as available through the institute may be purchased from the institute. The institute maintains both a clearing house of materials and periodic publications lists. All prices from the institute include shipping and handling. Materials will be shipped the "best" way unless otherwise requested. If special shipping instructions are required, please contact the National Food Service Management Institute Clearinghouse. Any additional charges for special shipping will be added to the cost of the materials. Payment must accompany the order - payable to the National Food Service Management Institute. If not satisfied with the product, materials may be returned in good condition within thirty days of receipt for a full refund.

National Health Information (Office of Disease Prevention and Health Promotion) P.O. Box 1133

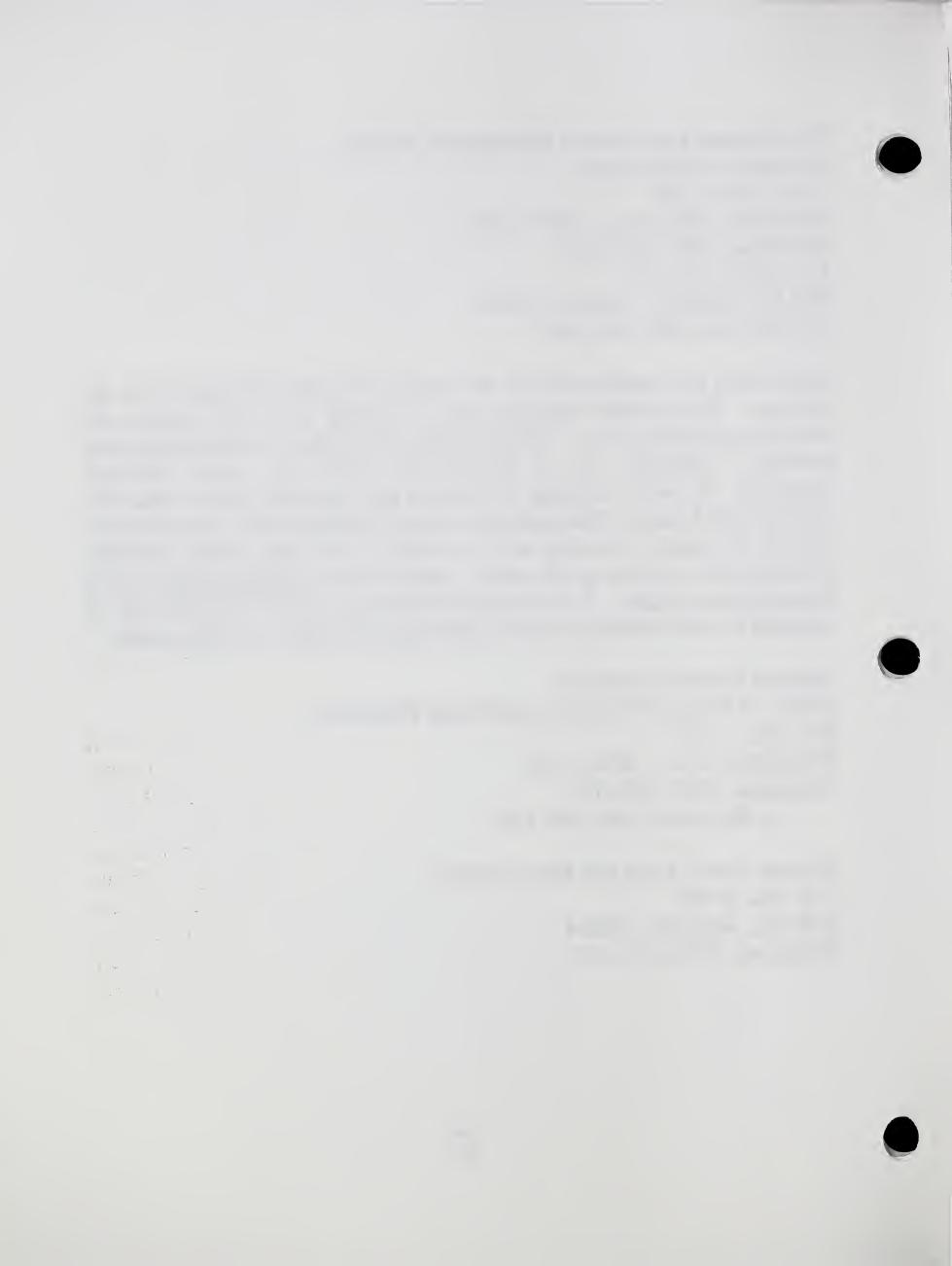
Washington, D.C. 20013-1133

Telephone: (800) 336-4797

In Maryland: (301) 565-4167

National Heart, Lung and Blood Institute P.O. Box 30105 Bethesda, Maryland 20824

Telephone: (301) 251-1222



Office of Minority Health
Resources Center
P.O. Box 37337
Washington, District of Columbia 20013
Telephone: (800) 444-6472

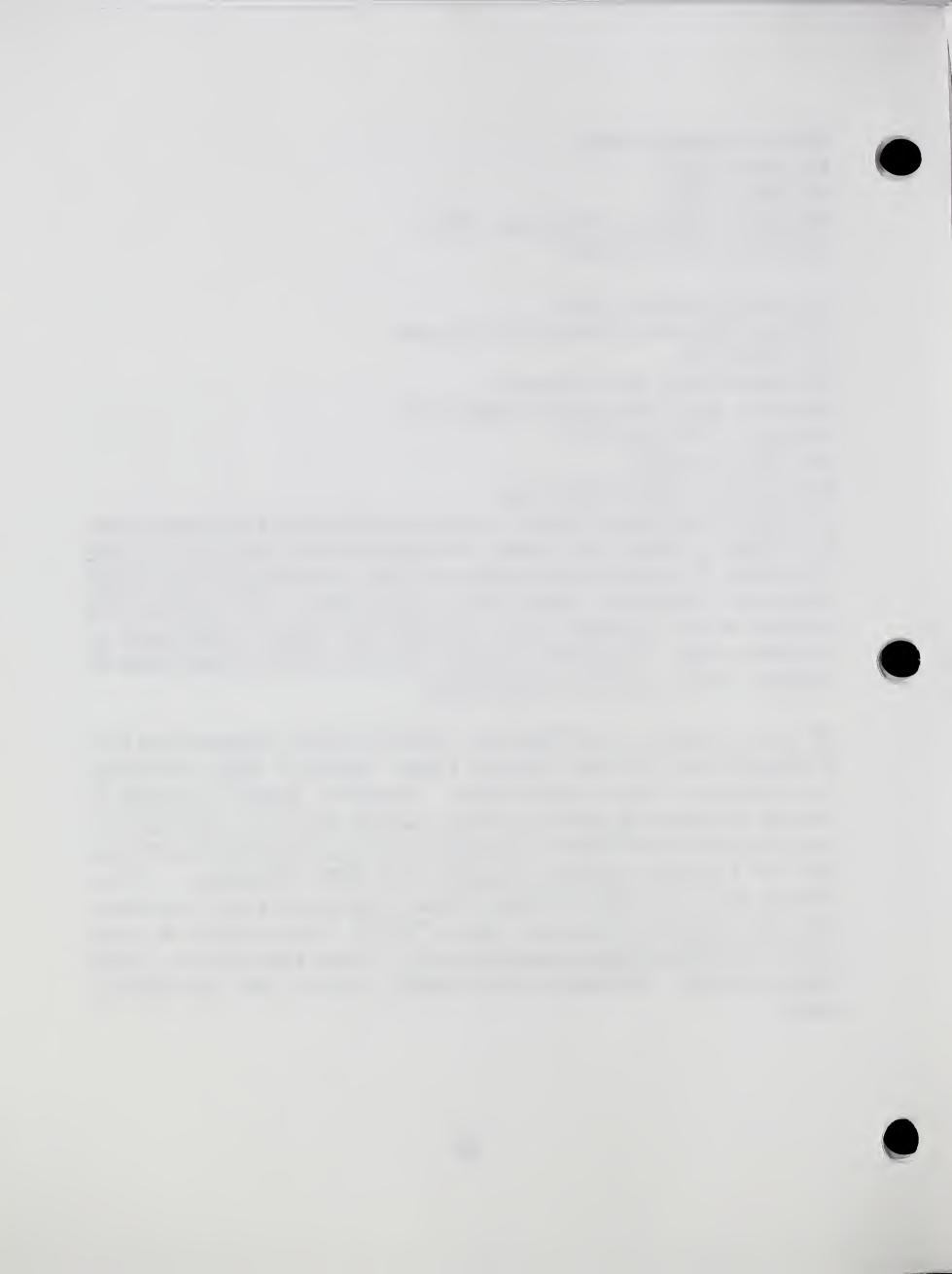
Penn State Nutrition Center College of Health and Human Development 417 Calder Way The Pennsylvania State University University Park, Pennsylvania 16801-5663 Telephone: (814) 865-6323

Fax: (814) 865-5870

Email address: ETM101@psu.edu

The Penn State Nutrition Center is a unit of the Nutrition Department within the College of Health and Human Development at the Pennsylvania State University. The center houses a collection of print materials and audiovisuals which are available for public review at the center. The staff answers nutrition related questions from educators and health professionals by telephone or mail. The public is invited to visit the nutrition center to use the resources. Please call for an appointment.

All of the materials in the Penn State Nutrition Center catalogue have been developed by the Penn State Nutrition Center. However, many of the items are marketed by other organizations. Therefore, persons interested in ordering materials may also be ordering materials from three other sources: audiovisuals from Penn State Audiovisual Services, activity kits from Prentice Hall and Computer software programs from EMC Publishing. When ordering from Penn State Nutrition Center, prepayment must be included. Penn State requires a minimum order of \$7.00. Checks should be made payable to the Pennsylvania State University. Contact Penn State for current shipping charges. Purchasers should expect a three to four week delivery period.



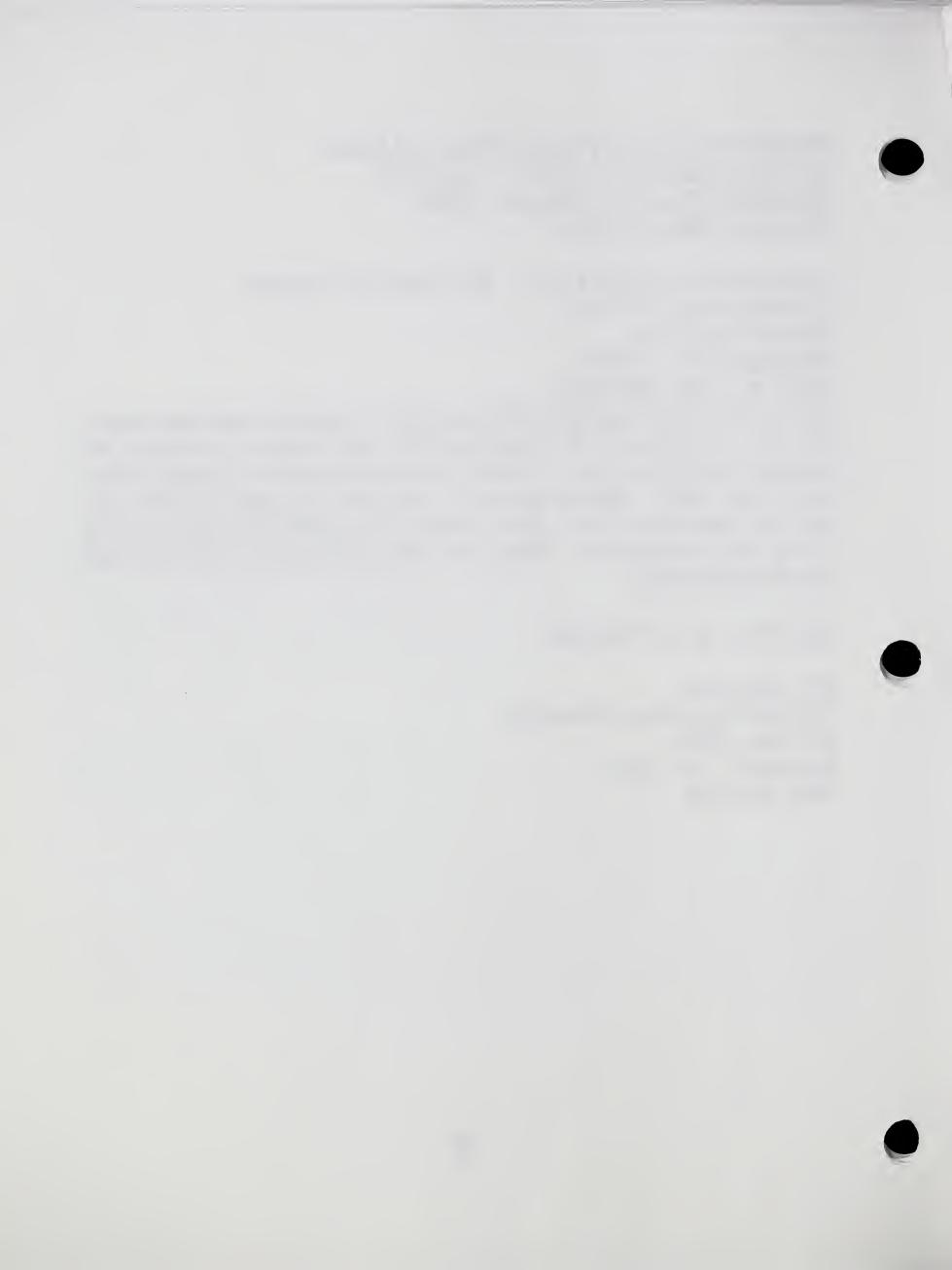
President's Council on Physical Fitness and Sports 701 Pennsylvania Avenue N.W. - Room 205 Washington, District of Columbia 20004 Telephone: (202) 272-3424

United States Copyright Office - The Library of Congress Copyright Office, LM 455, Library of Congress Washington D.C. 20559
Telephone: (202) 707-3000

The records of the Copyright Office are open for inspection and searching by the public. On request, the Copyright Office will search its records at the statutory rate for each hour or fraction thereof (contact the Copyright Office for current rates). Special questions relating to copyright problems may either be submitted to the address above or be referred to a specialist by calling the above number. Please note that the Copyright Office does not provide legal advice.

Agriculture in the Classroom

Ms. Jane Futch Virginia Farm Bureau Federation P.O. Box 27552 Richmond, VA 23261 (804) 225-7544



Organizations Interested in Health and Child Nutrition Issues

American Cancer Society - Virginia Affiliate

P.O. Box 6359

Glen Allen, Virginia 23058-6359

Telephone: 804-527-3700

American Dental Association

Mrs. Pat K. Watkins

Executive Director

P.O. Box 6906

Richmond, Virginia 23230

Telephone: (804) 358-4927

(American Dietetic Association) - Virginia Dietetic Association

P.O. Box 26362

Richmond, Virginia 23235

Telephone: (804) 560-1087

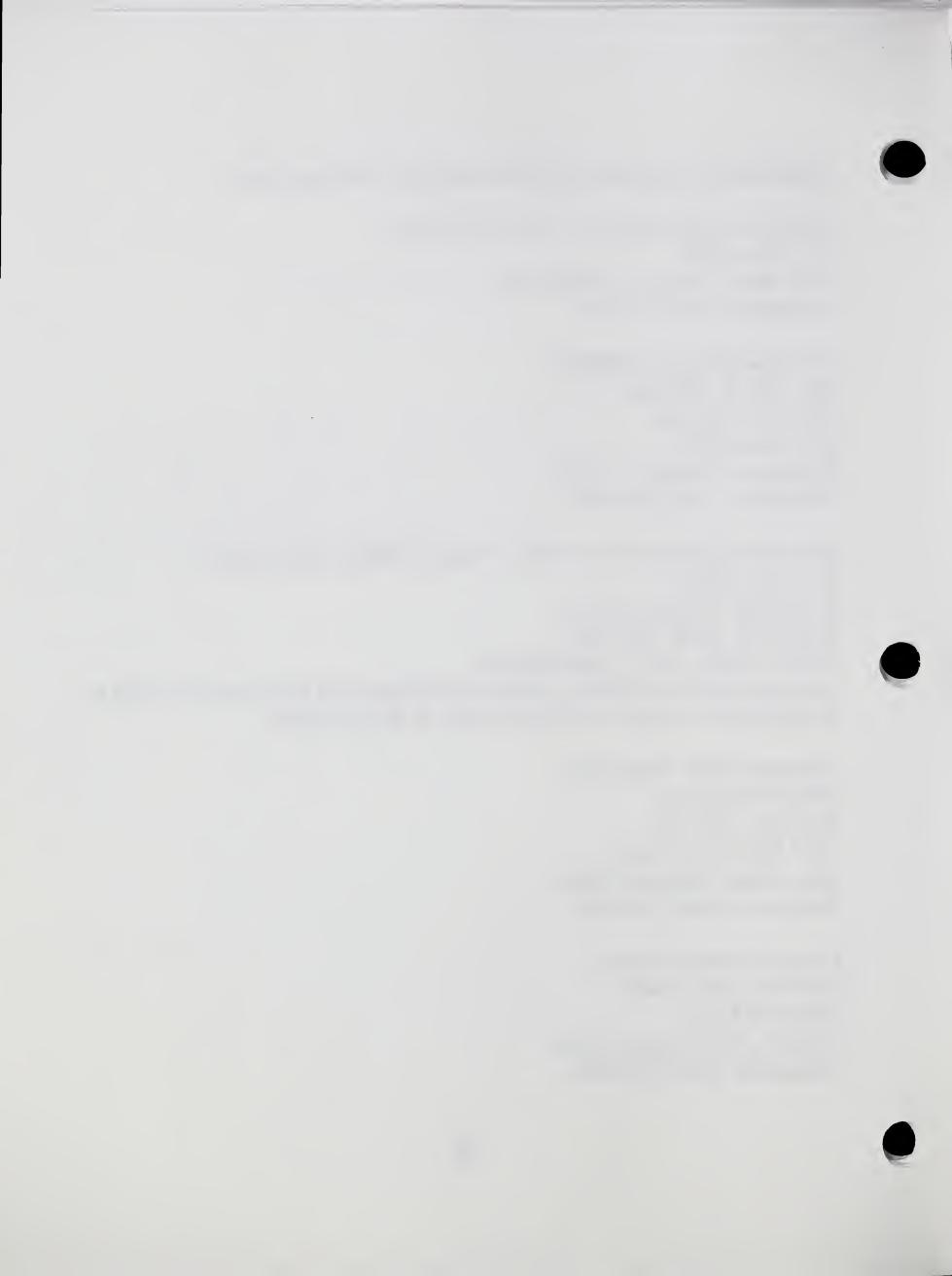
Cindy Atterby, R.D., Administrator

An organization of dietitians, dietetic technicians and nutritionists devoted to

promoting the optimal nutritional health of the population.

American Heart Association Richard Summers Executive Director 4217 Park Place Court Glen Allen, Virginia 23060 Telephone: (804) 747-8334

Campbell Soup Company Food Service Division Campbell Place Camden, New Jersey 08103 Telephone: (800) 821-4462.



A partner with the American Heart Association in the Hearty School Lunch campaign.

Dairy Council:

The Dairy Council, through its local affiliates offers a variety of support services and materials including workshops and in-service training, nutrition education material (either at no charge or at reasonable cost), assistance with media presentations and contacts, consultants as resources and loan services for audio-visual materials. The Dairy Council notes that persons living in an area where there is an affiliated Dairy Council Unit, should make requests for materials to the dairy council serving their area. If not served locally, orders should be addressed to the National Dairy Council at:

Order Department
National Dairy Council
10255 W. Higgins Road
Suite 900
Rosemont, Illinois 60018-5616

Telephone: (708) 803-2000, Extension 220

Fax: 1 (800) 974-6455

Dairy and Food Nutrition Council of the South East Inc. Norfolk (804) 461-6310 Richmond (804) 285-4772

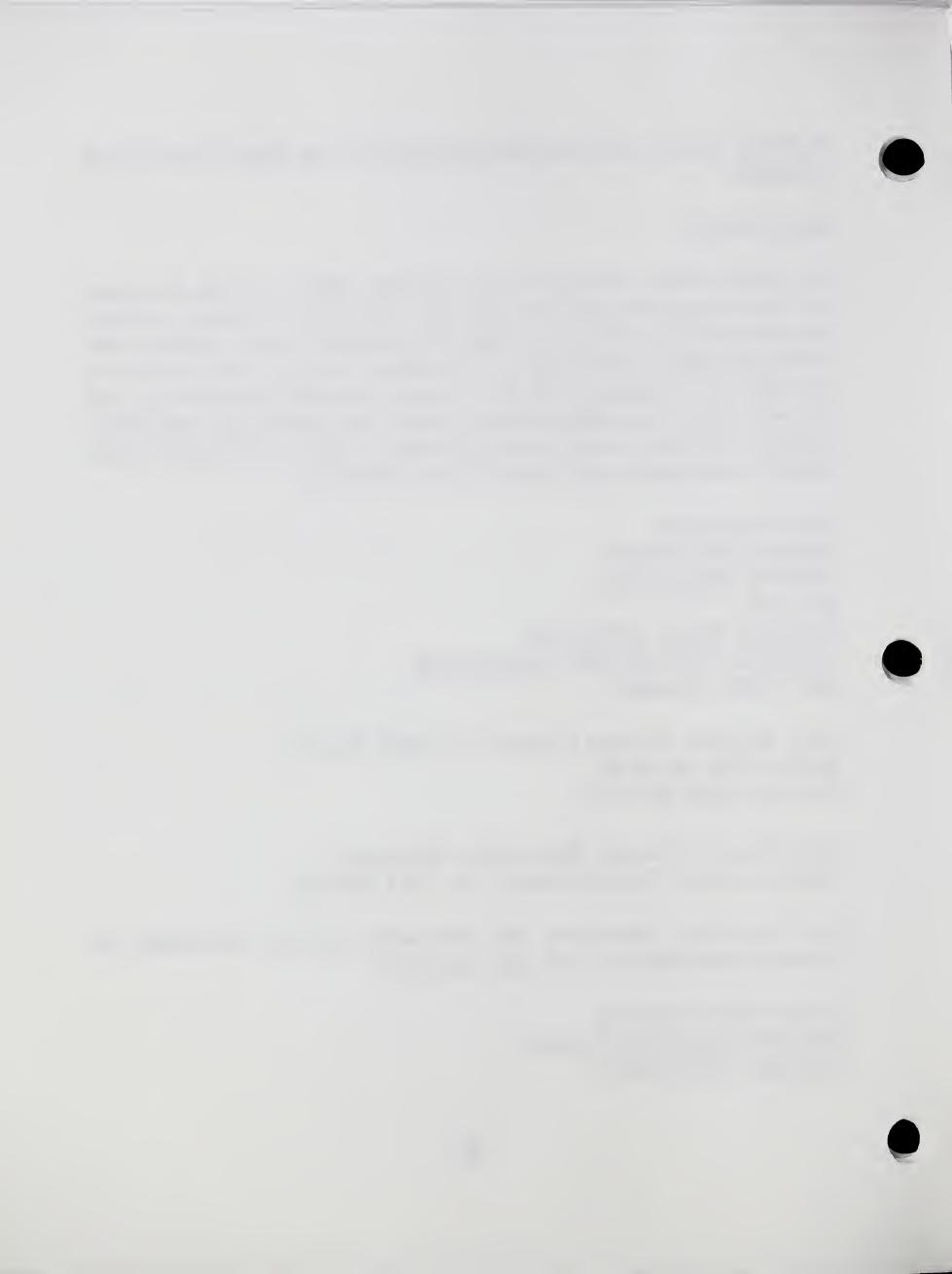
Dairy Council of Greater Metropolitan Washington (serving northern Virginia) Reston, Va. (703) 709-9022

For Five-A-Day Information: the Five-A-Day initiative encourages the increased consumption of fruits and vegetables.

Contact: Karen Patterson

Richmond Department of Health

Telephone: (804)-786-351



Although the Virginia Five-A-Day Program primary targets are adults and minority programs, the Virginia program has an excellent series of workshops for school age children about the importance of eating more fruits and vegetables.

1-800-FOR Cancer - a resource for ordering printed materials

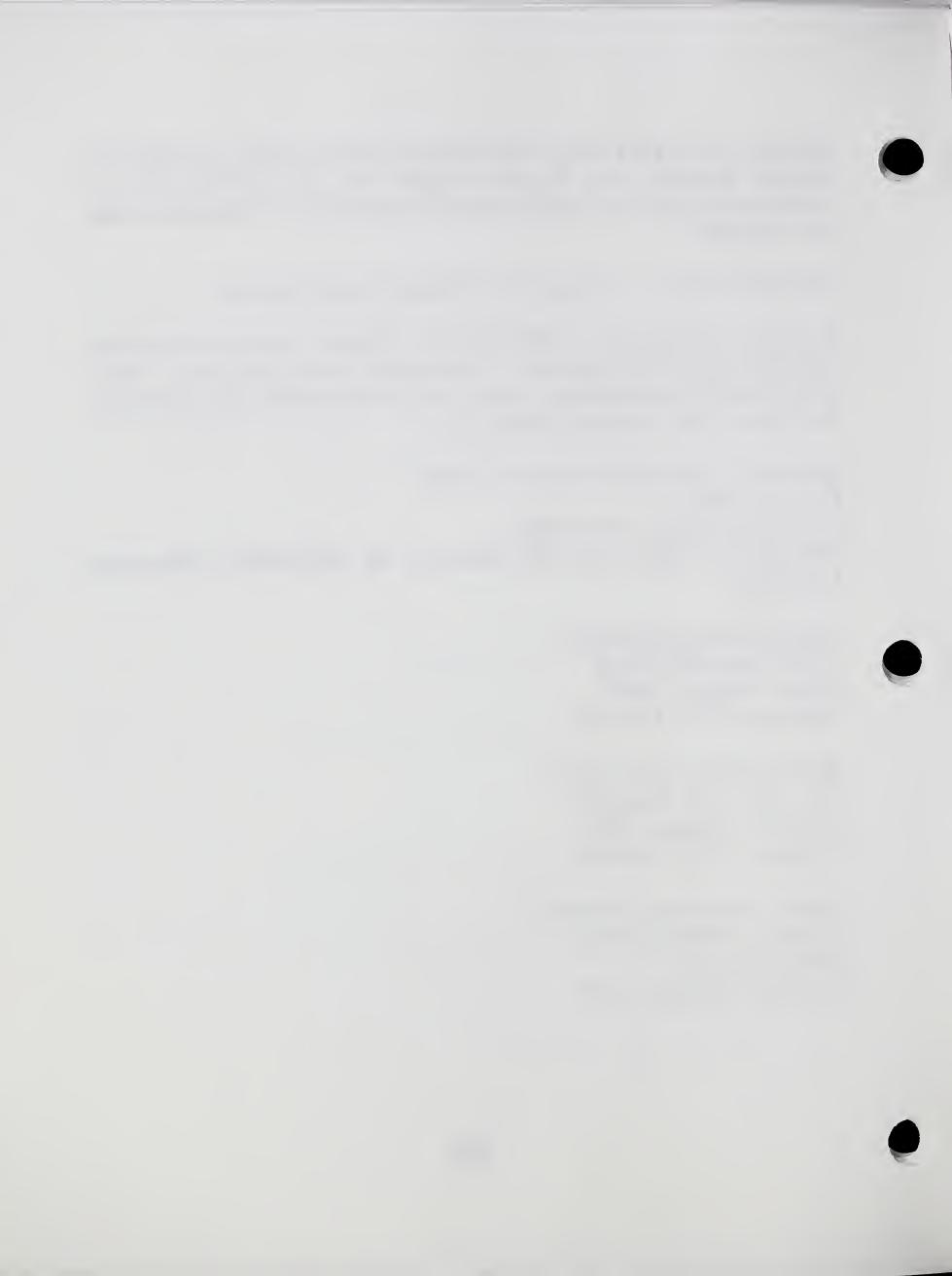
Try Foods International - 1-800-421-8871. This is a resource for ordering reasonably priced bulk materials. Contact them for current prices. This is also an excellent resource for ordering very low cost nutrition education items for children such as stickers posters etc...

McDonald's Educational Resource Center P.O. Box 8002 St. Charles, Illinois 60174-8002 Telephone: 1 (800) 524-5900 (Resource for McDonald's Educational Materials).

National Turkey Federation 11319 Sunset Hills Road Reston, Virginia 22090 Telephone: (703) 435-7206

Virginia Cattle Industry Board P.O. 176 - U.S. Route 220 Valeville, Virginia 24083 Telephone: (703) 992-1992

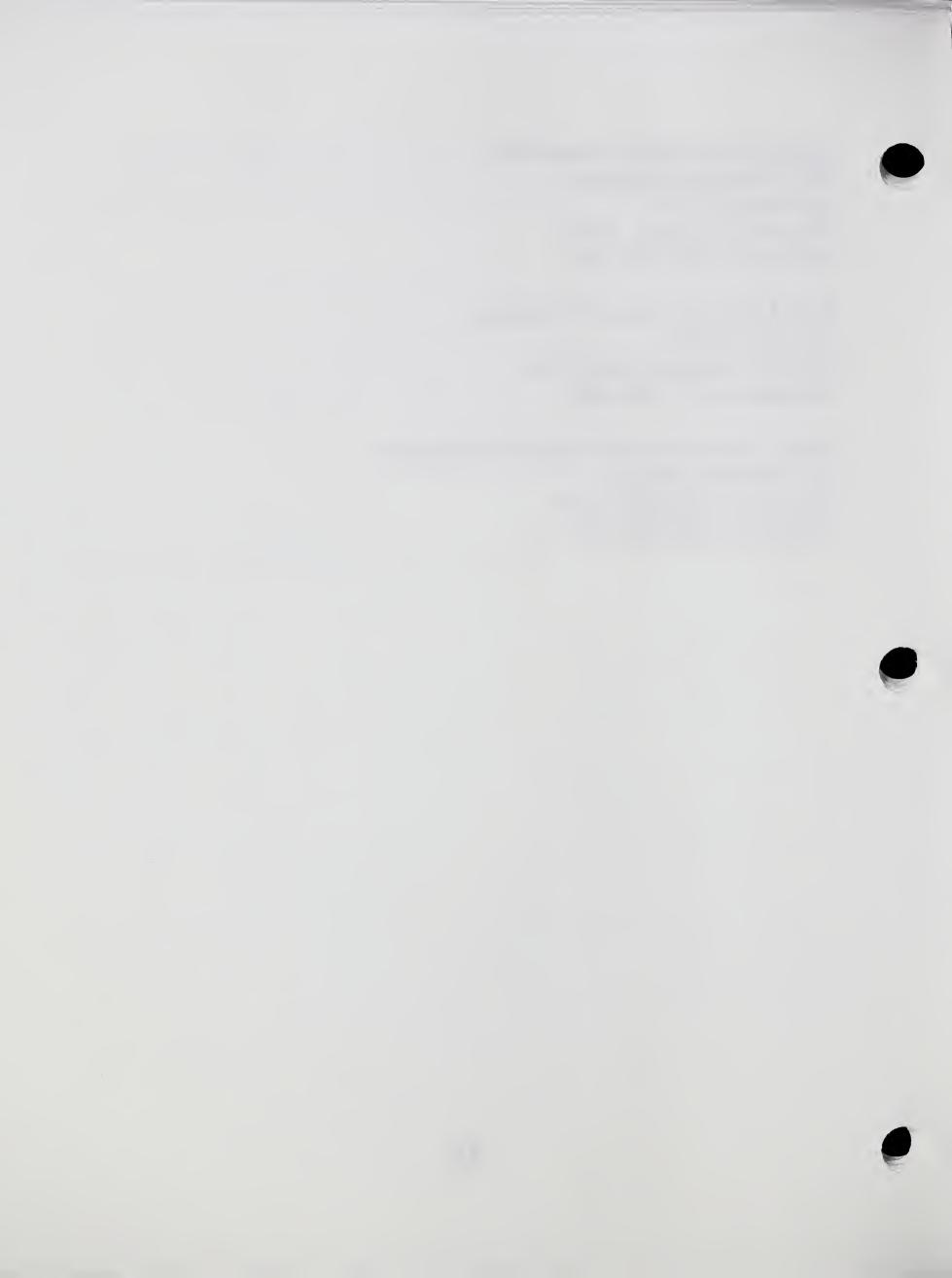
Virginia Department of Health Community Health Services 9256-B Lee Ave Manassas, Virginia 22110



Virginia Pork Industry Association 1006 Washington Building 1100 Bank Street Richmond, Virginia 23219 Telephone: (804) 786-7092

Tufts University School Of Nutrition 132 Curtis Street Medford, Massachusetts 02155 Telephone: (617) 627-3222

United Fresh Fruit and Vegetable Association 727 North Washington Alexandria, Virginia 22314 Telephone: (703)-836-3410



Organizations with an Advocacy Role for Anti-Hunger and Nutrition Issues

Association of Farmer/Worker Opportunity Programs 1925 North Lynn Street

Suite 701

Arlington, Virginia 22209 Telephone: (703) 528-4141

Campaign To End Childhood Hunger - Food Research and Action Center 1875 Connecticut Avenue, N.W. # 540

Washington, District of Columbia 20009

Telephone: (202) 986-2200

Fax: (202) 986-2525

The Food Research and Action Center is a national group working for more effective public policies to eradicate domestic hunger and undernutrition. FRAC believes that working toward a nutritionally adequate diet that is affordable and accessible for all our citizens must go hand in hand with our Nation's education efforts.

Center for Science in the Public Interest 1875 Connecticut Avenue, N.W. Suite 300 Washington, D.C. 20009-5728

Telephone: (202) 332-9110

The Center for Science in the Public Interest seeks to improve the public's health by offering reliable nutrition information and by working to reform the Nation's food and health policies.

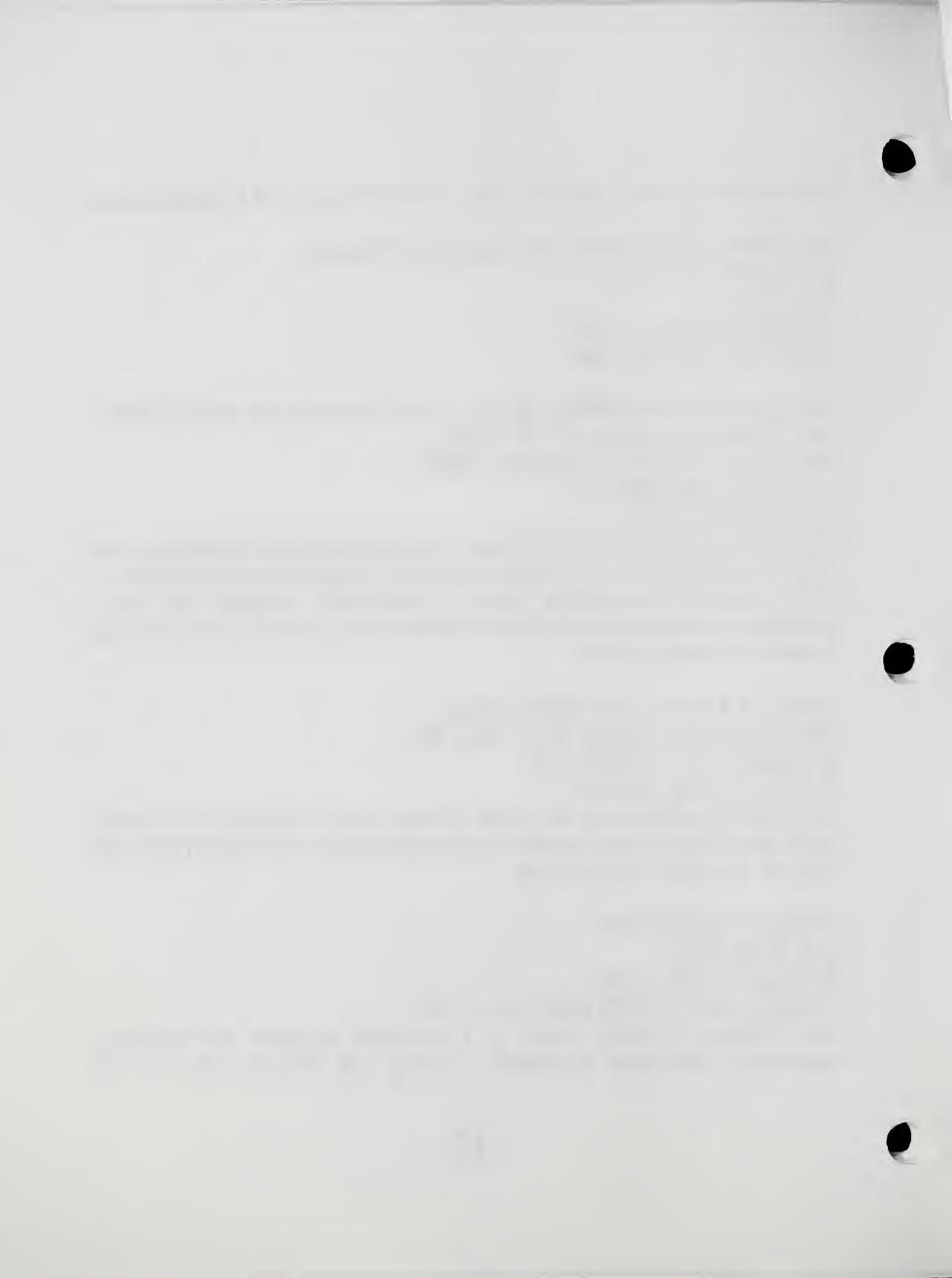
Children's Defense Fund

25 E Street N.W.

Washington, D.C. 20001

Telephone or Fax: (202) 662-3510 or 3530

The Children's Defense fund is a nonprofit research and advocacy organization that exists to provide a strong and effective voice for the



children of America who cannot vote, lobby, or speak out for themselves. The organization pays particular attention to the needs of poor, minority and disabled children. Their goal is to educate the nation about the needs of children and encourage preventive investment in children before they get sick, drop out of school, suffer family breakdown, or get into trouble. The Children's Defense Fund has a publications list and a monthly newsletter. English, Spanish language, and ethnically diverse materials are available. Payment must accompany orders under \$25.00; postage included. There is a four to six week delivery period.

Consumer Alert c/o Scott Patterson 2700 S. Quincy Street - Suite 210 Arlington, Virginia 22206 Telephone: (703) 845-8802

International Life Sciences Institute (ILSI) 1126 Sixteenth Street, N.W. Washington, District of Columbia

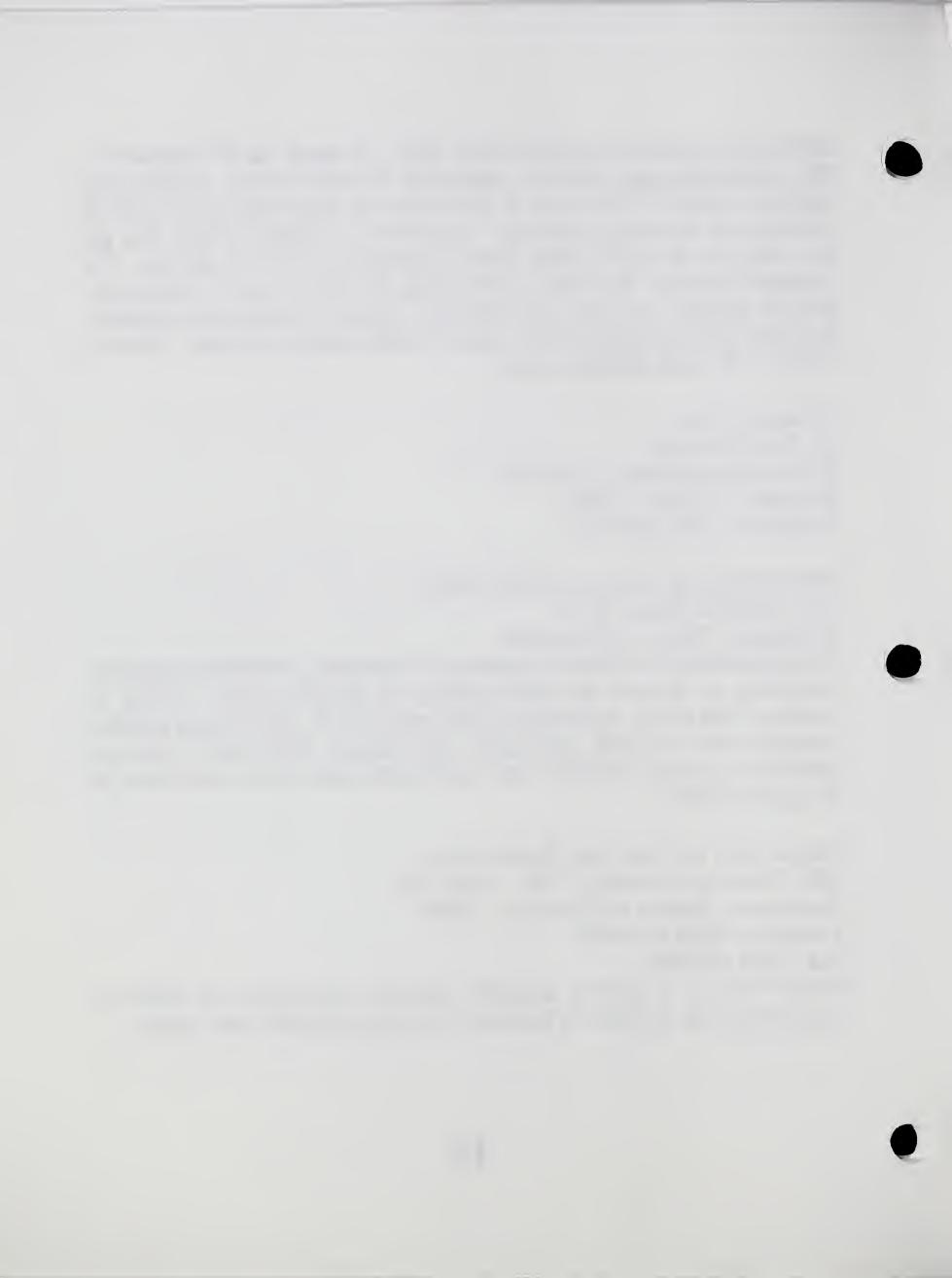
The International Life Sciences Institute is a nonprofit, worldwide foundation established to advance the understanding of scientific issues relating to nutrition, food safety, toxicology and the environment. By bringing together scientists from academia, government and industry, ILSI seeks a balanced approach to solving problems with broad implications for the well being of the general public.

Public Voice For Food and Health Policy 1001 Connecticut Avenue, N.W. - Suite 522 Washington, District of Columbia. 20036

Telephone: (202) 659-5930

Fax: (202) 659-3683

Public Voice is a national nonprofit research, educational and advocacy organization that promotes a healthier and more affordable food supply.



Virginia Citizen Action c/o Jim Sharp 1531 West Main Street - 2nd Floor Richmond, Virginia 23220 Telephone: (804) 354-1945 (804) 359-5539

Virginia Common Cause 6 North Sixth Street Richmond, Virginia Telephone: (804) 643-0157

Virginia Citizens Consumer Council 114 E. Coachman Drive Tabb, Virginia Telephone: (804) 867-8544

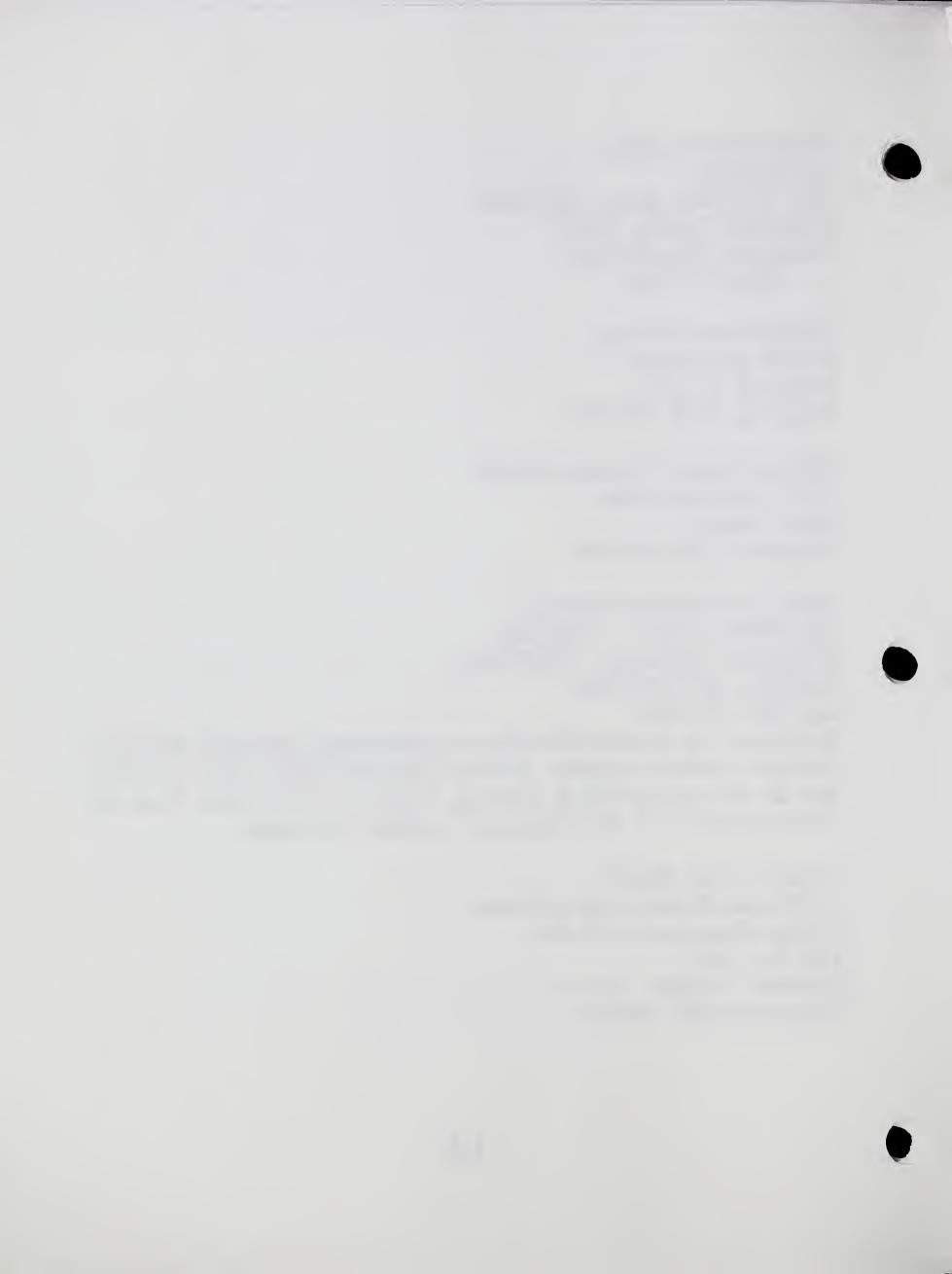
Society For Nutrition Education 2001 Killebrew Drive - Suite 340 Minneapolis, Minnesota 55425-1882

Telephone: (612) 854-0035

Fax: (612) 854-7869

The Society For Nutrition Education is a professional association devoted to furthering nutrition education. Access to food and adequate resources to buy food are the requirements in achieving adequate nutrient intake. Food and nutrition education is the second step to optimal food intake.

Center for Rural Health c/o Rosanne Kolesar, Acting Director Virginia Department of Health P.O. Box 2448 Richmond, Virginia 23219 Telephone: (804) 786-5214

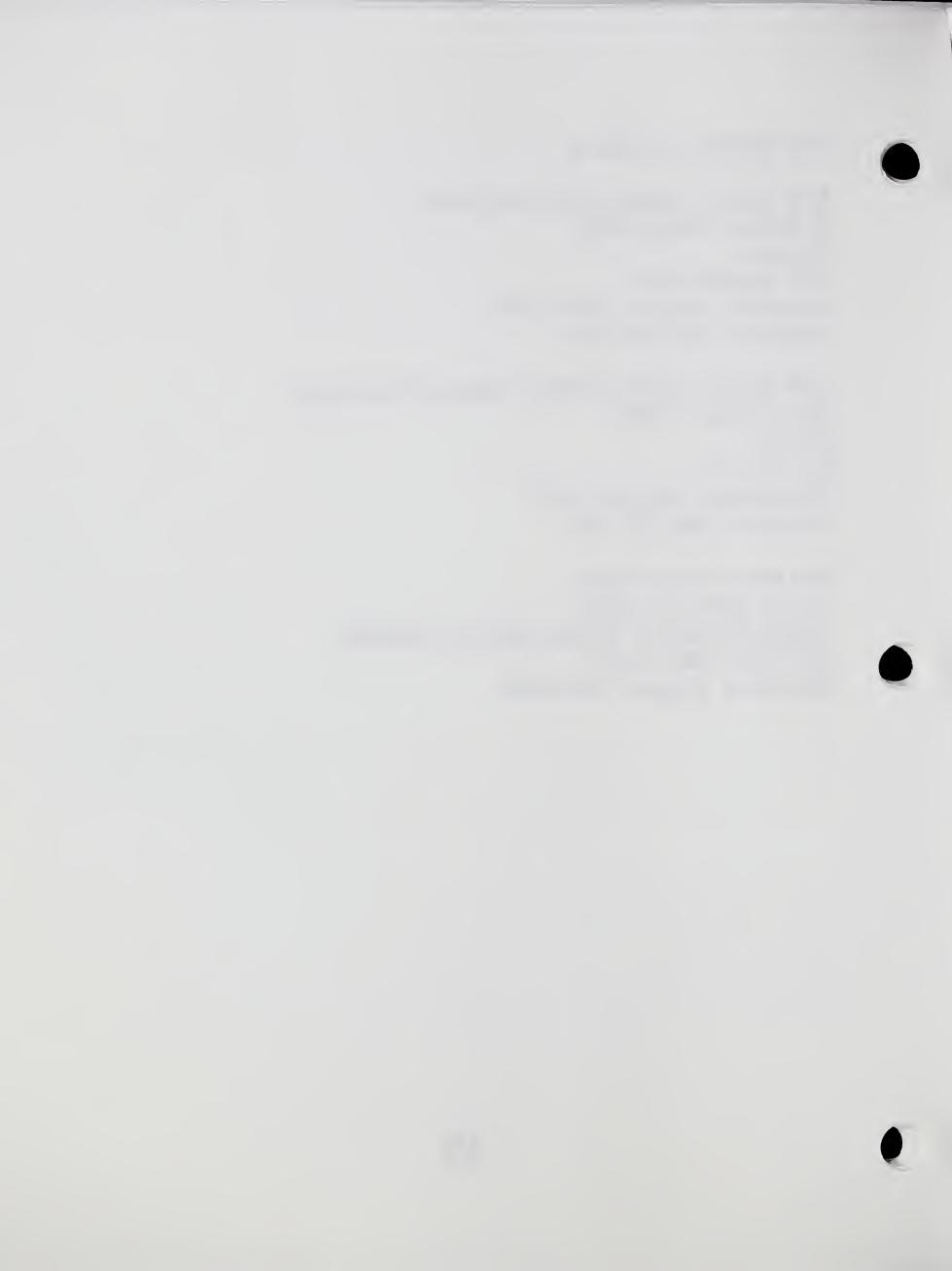


Food Service Associations

ACF Nation's Capital Chef's Association E. Michael Gaietto, CEC President 7433 Jayhawk Street Annandale, Virginia 22003-5740 Telephone: (202) 547-4444

ACF National Guild of Pastry & Baking Professionals Marcel Walter, CEPC President P.O. Box 125 Williamsburg, Virginia 23187 Telephone: (804) 220-7673

New River Valley Chapter c/o Jim Sexton, President Virginia Polytechnic Institute and State University 350 Wallace Hall Center Blacksburg, Virginia 24061-0429



Nutrition and Health Information Hotline

AIDS Nutrition Hot line: 1-800-342-AIDS

AIDS Spanish Nutrition Hot line: 1-800-344-7432
24 hours, 7 days per week
general questions about AIDS as well as the relationship between
nutrition and AIDS

Aerobics and Fitness Foundation Hot line: 1-800-BEFIT86 10 a.m.- 6 p.m.(Pacific time) questions about exercise and fitness programs

AMC Cancer Information: 1-800-525-3777
8:30 a.m. - 4:30 p.m. (Mountain time)
questions about causes, prevention, and treatment of cancer

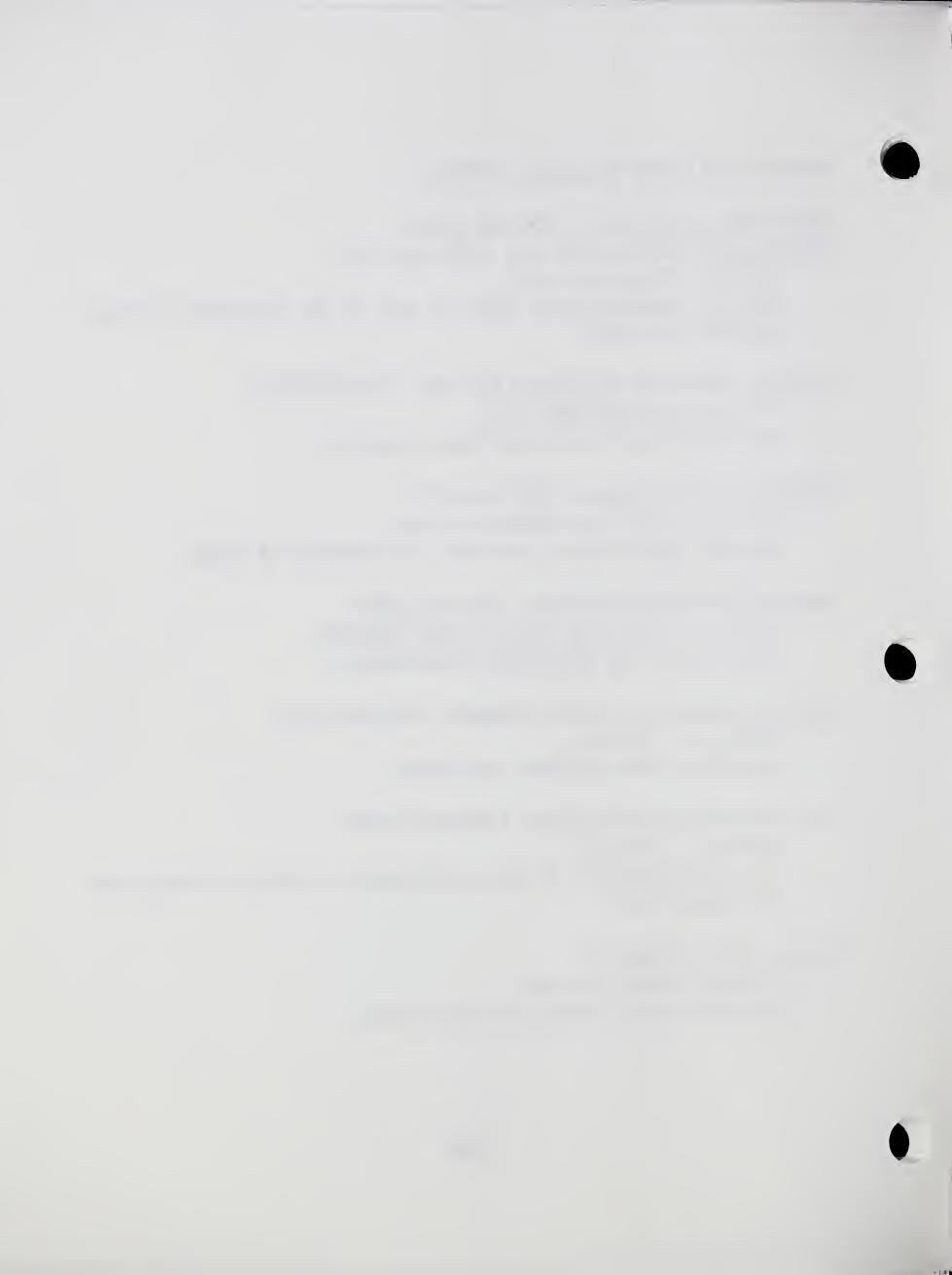
American Diabetes Association: 1-800-232-3472 8:30 a.m. - 5:00 p.m. (Eastern time), Mon-Fri free literature and information about diabetes

American Institute for Cancer Research: 1-800-843-8114 9:00 a.m. - 5:00 p.m. questions on diet, nutrition, and cancer

The American Seafood Institute: 1-800-EAT-FISH 9:00 a.m. - 5:00 p.m. nutrition information, as well as information on buying, storing, and preparing seafood

Gerber: 1-800-4-GERBER

24 hours, 7 days per week
questions about feeding infants and toddlers



High Carbohydrate Fiber Nutrition Research Foundation 1-800-727-4HCF

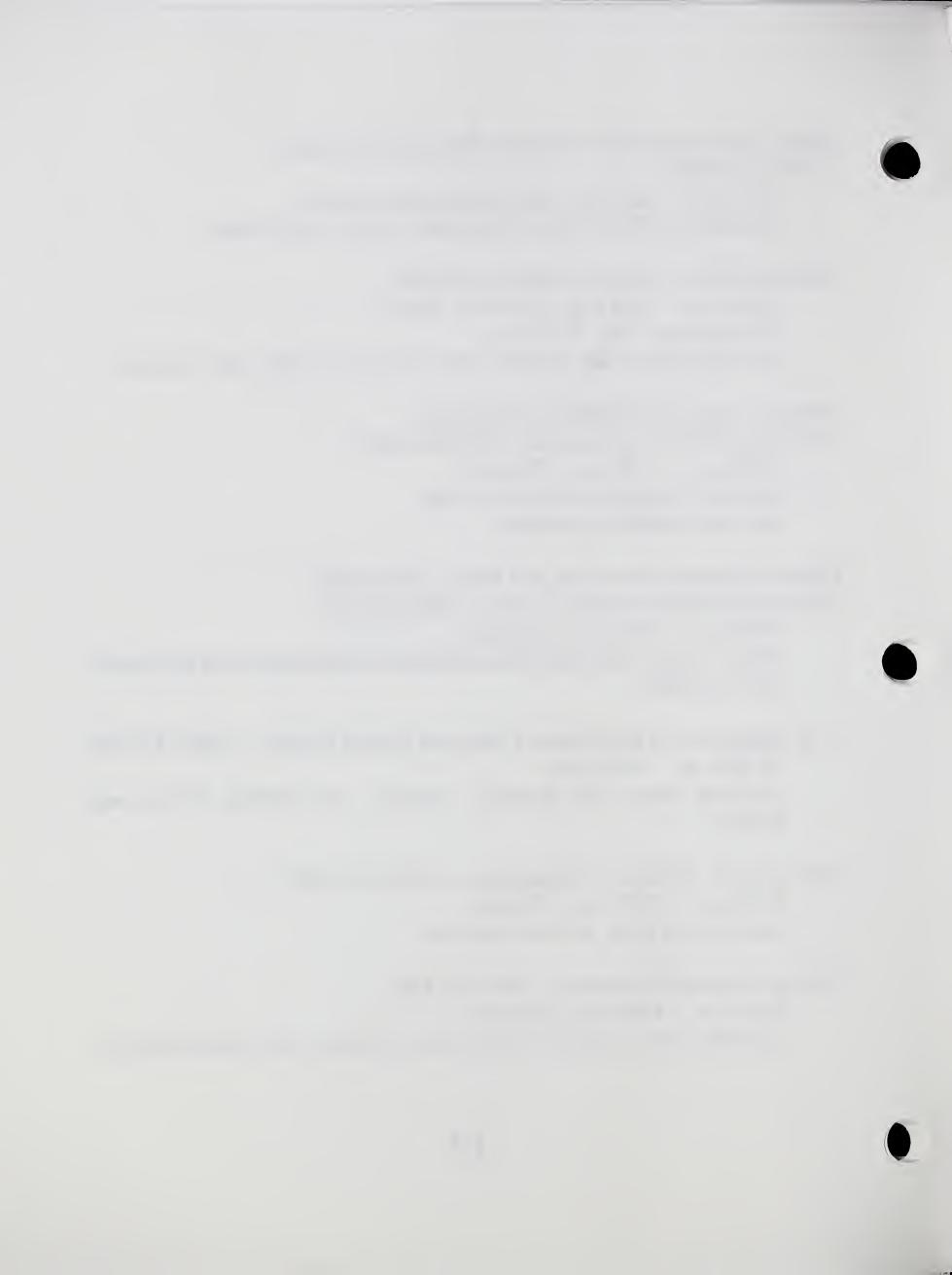
24 hours, 7 days per week (answering machine) questions on fiber and heart disease, cancer, and diabetes

National Cancer Institute: 1-800-4-CANCER
9:00 a.m. - 9:00 p.m. (Eastern), closed
Wednesdays 1:00 - 2:00 p.m.
questions about diet, nutrition and cancer prevention and treatment

National Center for Nutrition and Dietetics
(American Dietetic Association) 1-800-366-1655
9:00 a.m. - 4:00 p.m. (Central)
recorded messages 24 hours per day
food and nutrition questions

Office of Disease Prevention and Health Promotion's
National Health Information Center: 1-800-366-4797
9:00 a.m. - 5:00 p.m. (Eastern)
directs clients to the government agency or organization that can answer their questions

- U.S. Department of Agriculture's Meat and Poultry Hot line: 1-800-535-4555 10:00 a.m. 4:00 p.m. questions about food handling, nutrition, and labeling of meat and poultry
- University of Alabama at Birmingham: 1-800-231-DIET 9:00 a.m. 4:00 p.m. (Central) questions on food, diet and nutrition
- Woman's Sports Foundation: 1-800-227-3988
 9:00 a.m. 4:00 p.m. (Eastern)
 questions about women's sports, physical fitness, and sports medicine



Food Companies:

American Home Food Products: 1-800-544-5680

Armor Swift-Eckrich: 1-800-325-7424

Beano: 1-800-257-8650

Beech-Nut: 1-800-523-6633

Burger King Corporation: 1-800-YES-1800

Campbell Soup Company Hot Line: 1-800-323-9980 Campbell Soup Consumer Inquires: 1-800-257-8443

Columbo, Inc: 1-800-343-8240

Conagra's Healthy Choice: 1-800-323-9980

Dole Company: 1-800-232-8800

Empire Kosher Poultry: 1-800-367-4734

Frito-Lay: 1-800-FLCHIPS

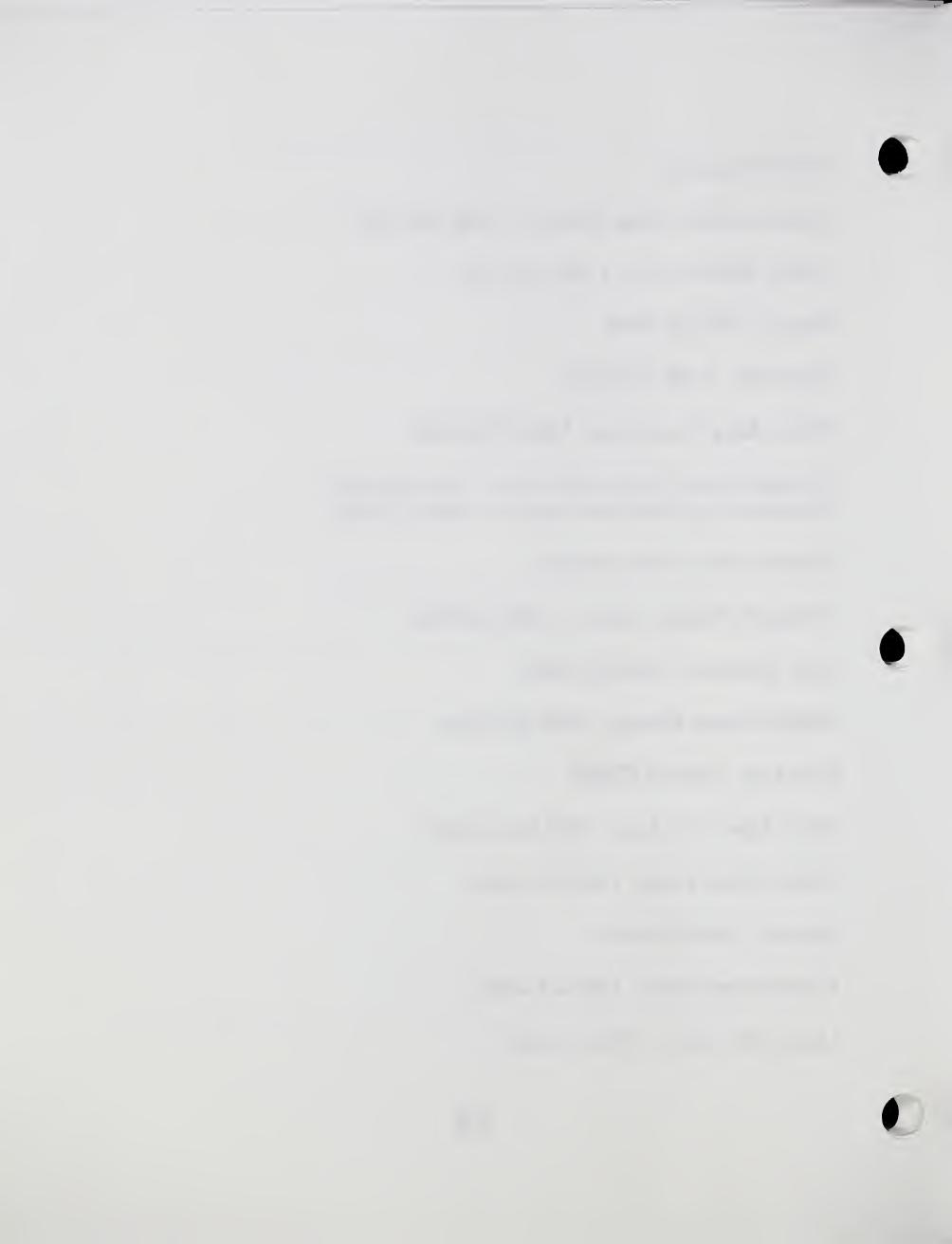
Heinz Baby Food Line: 1-800-USA-BABY

Health Valley Foods: 1-800-423-4846

Hormel: 1-800-523-4635

Kraft/General Foods: 1-800-431-1001

Lactaid Hot Line: 1-800-522-8243



Land O'Lakes: 1-800-328-4155

Nabisco: 1-800-NAB-ISCO

Nestle Co. Inc: 1-800-NESTLES

Pepsi-Cola Co.: 1-800-433-2652

Pillsbury: 1-800-767-4466

Proctor and Gamble Company: 1-800-543-7276

Ragu Food Co.: 1-800-328-RAGU

Safe Drinking Water: 1-800-426-4791

Simplesse and Nutrasweet: 1-800-321-7254

The Sunette Group ("Sweet One"): 1-800-344-5807

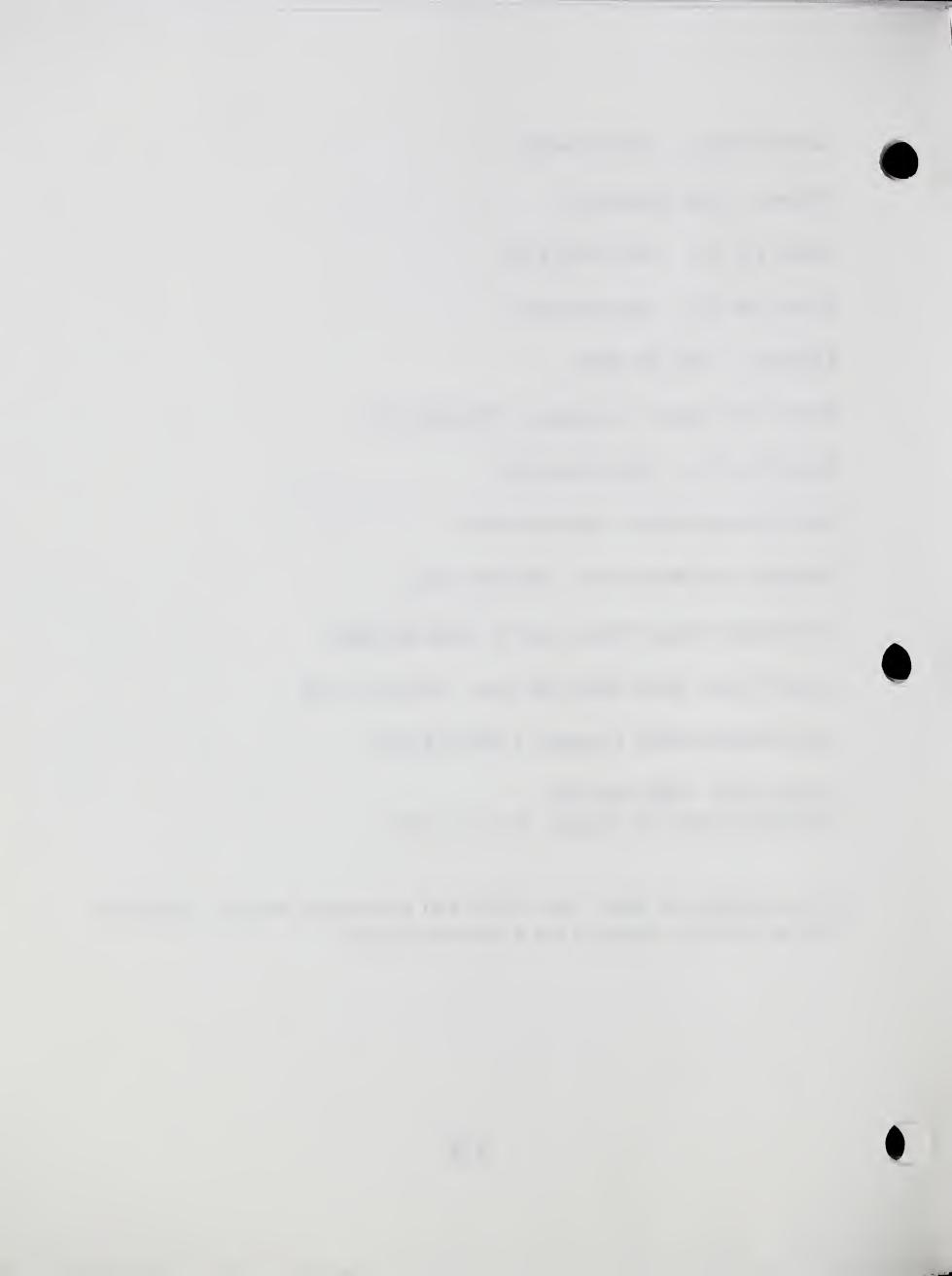
Sweet'N Low, Butter Buds Hot Line: 1-800-231-1123

Tyson-Weaver-Holly Products: 1-800-233-6332

Yoplait USA: 1-800-999-1723

Nutrition Inquires for Yoplait: (612) 540-7527

For companies not listed, call AT&T 800 Information Number 1-800-555-1212 to see if the company has a toll free number.



Cooperative Extension Service Agencies - State Level:

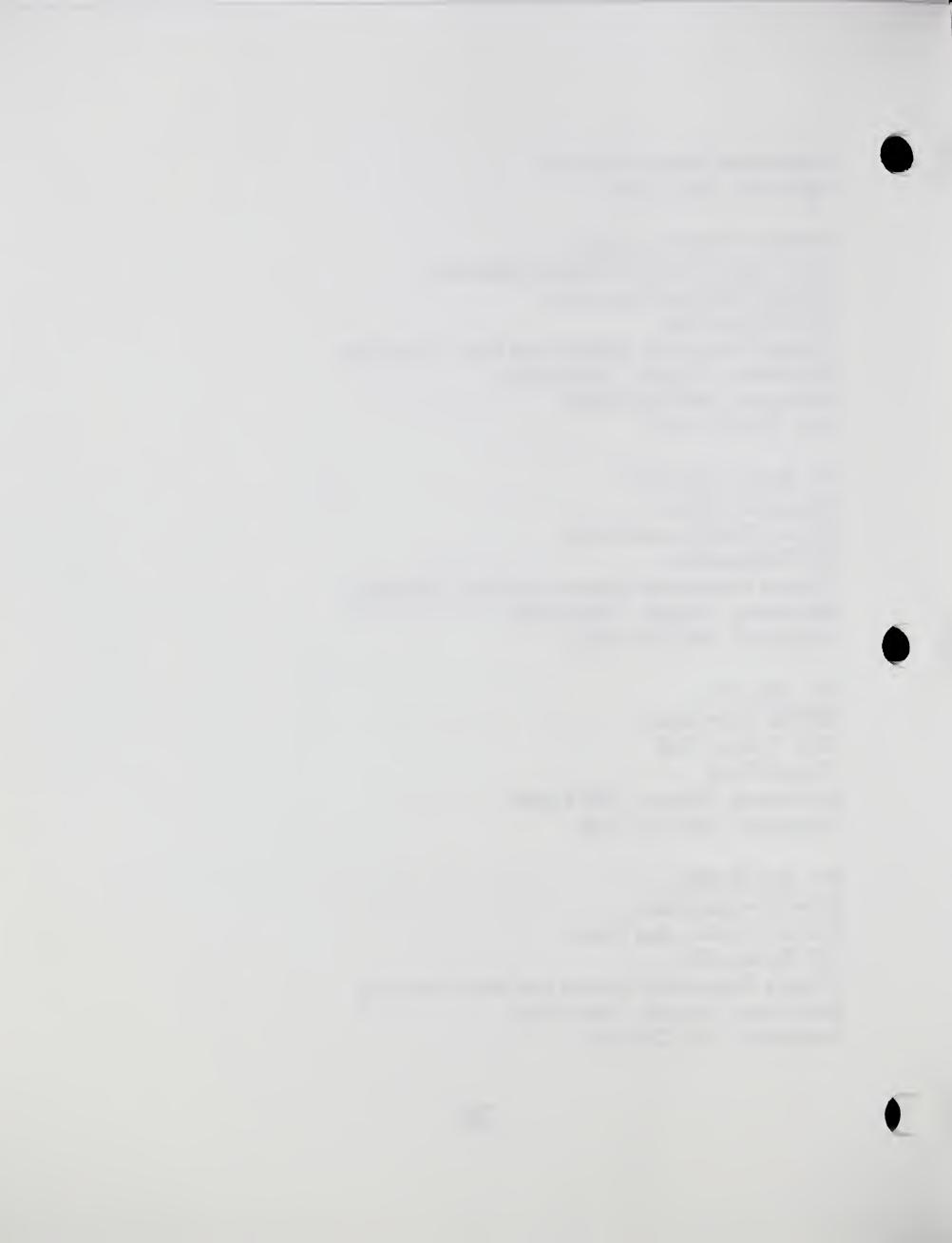
Deloris J. Pourchot, Ed.D Asst. Dean, College of Human Resources College of Human Resources 260 Wallace Hall Virginia Polytechnic Institute and State University Blacksburg, Virginia 24061-0426 Telephone: (703) 231-5686

Fax: 703-231-7157

Dr. Eleanor Schlenker
Department Head
Human Nutrition and Foods
338 Wallace Hall
Virginia Polytechnic Institute and State University
Blacksburg, Virginia 24061-0430
Telephone: (703) 231-4672

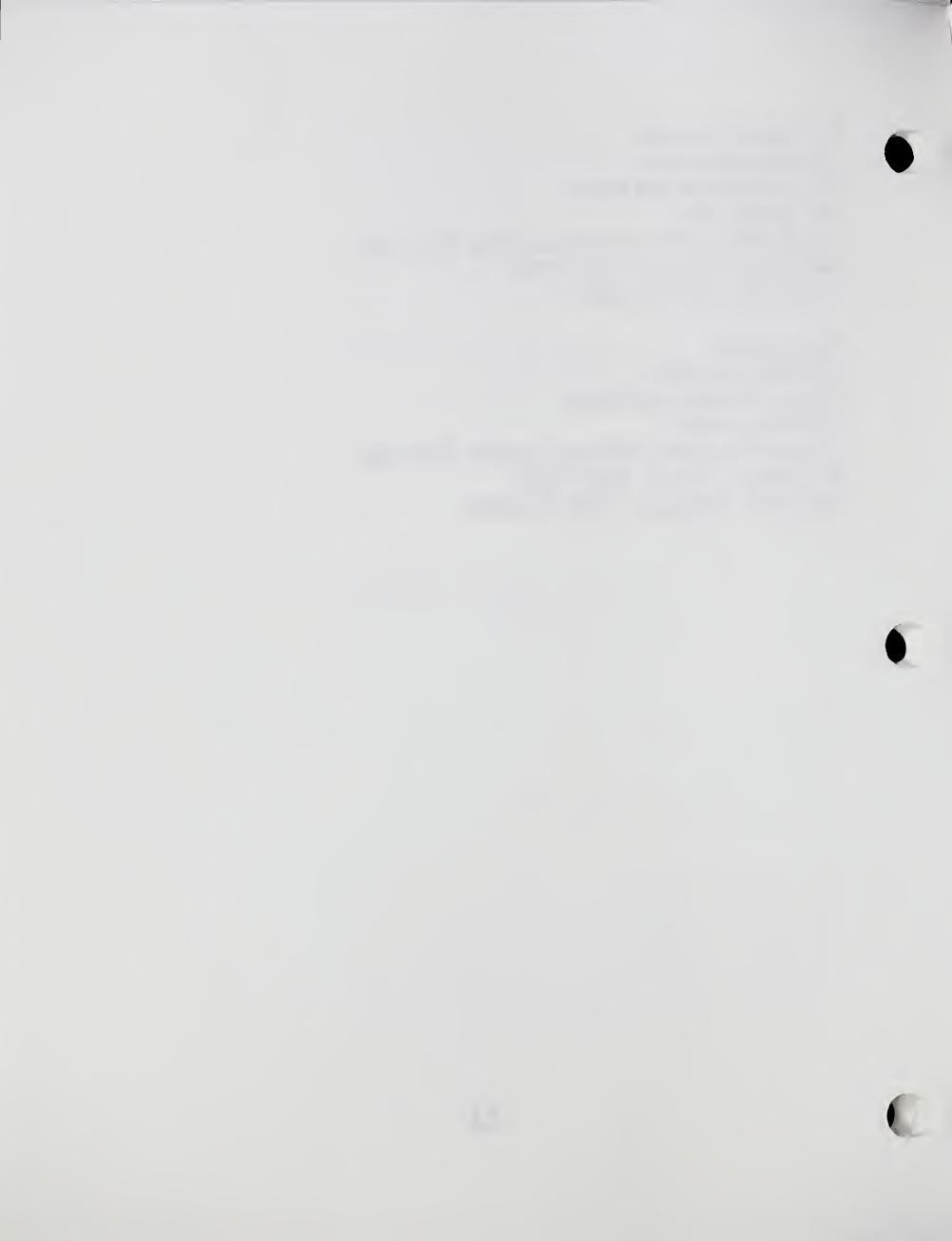
Dr. Ruby Cox EFNEP Coordinator 229C Wallace Hall Virginia Tech Blacksburg, Virginia 24061-0430 Telephone: (703) 231-7156

Dr. Ann Hertzler
Extension Specialist
Human Nutrition and Foods
223 Wallace Hall
Virginia Polytechnic Institute and State University
Blacksburg, Virginia 24061-0430
Telephone: (703) 231-4673



Dr. Denise Brochetti
Extension Specialist
Human Nutrition and Foods
338 Wallace Hall
Virginia Polytechnic Institute and State University
Blacksburg, Virginia 24061-0430
Telephone: (703) 231-9048

Kathy Stadler
Extension Specialist
Human Nutrition and Foods
232 Wallace Hall
Virginia Polytechnic Institute and State University
Blacksburg, Virginia 24061-0430
Telephone: Telephone: (703) 231-8768



Cooperative Extension Service - County

Accomack County Extension Office 911 Center Building 23201 Front Street P.O. Box 60 Accomack, Virginia 23301-0060

Telephone: (804) 787-1361

Fax: (804) 787-1044

Albemarle County Extension Office 401 McIntire Road Charlottesville, Virginia 22901-4596 Telephone: (804) 296-5803

Alexandria Extension Office Alexandria, Virginia 22301 Telephone: (703) 838-0960

Fax: (703) 836-2355

Alleghany Extension Office 330 Court Avenue Covington, Virginia 24426 Telephone: (703) 962-0276 Fax: (703) 962-7487

Amelia Extension Office Virginia & Court Streets Amelia, Virginia 23002 Telephone: (804) 561-2481



Amherst Extension Office County Courthouse Second St. - P.O. Box 580 Amherst, Virginia 24521 Telephone: (804) 946-9365

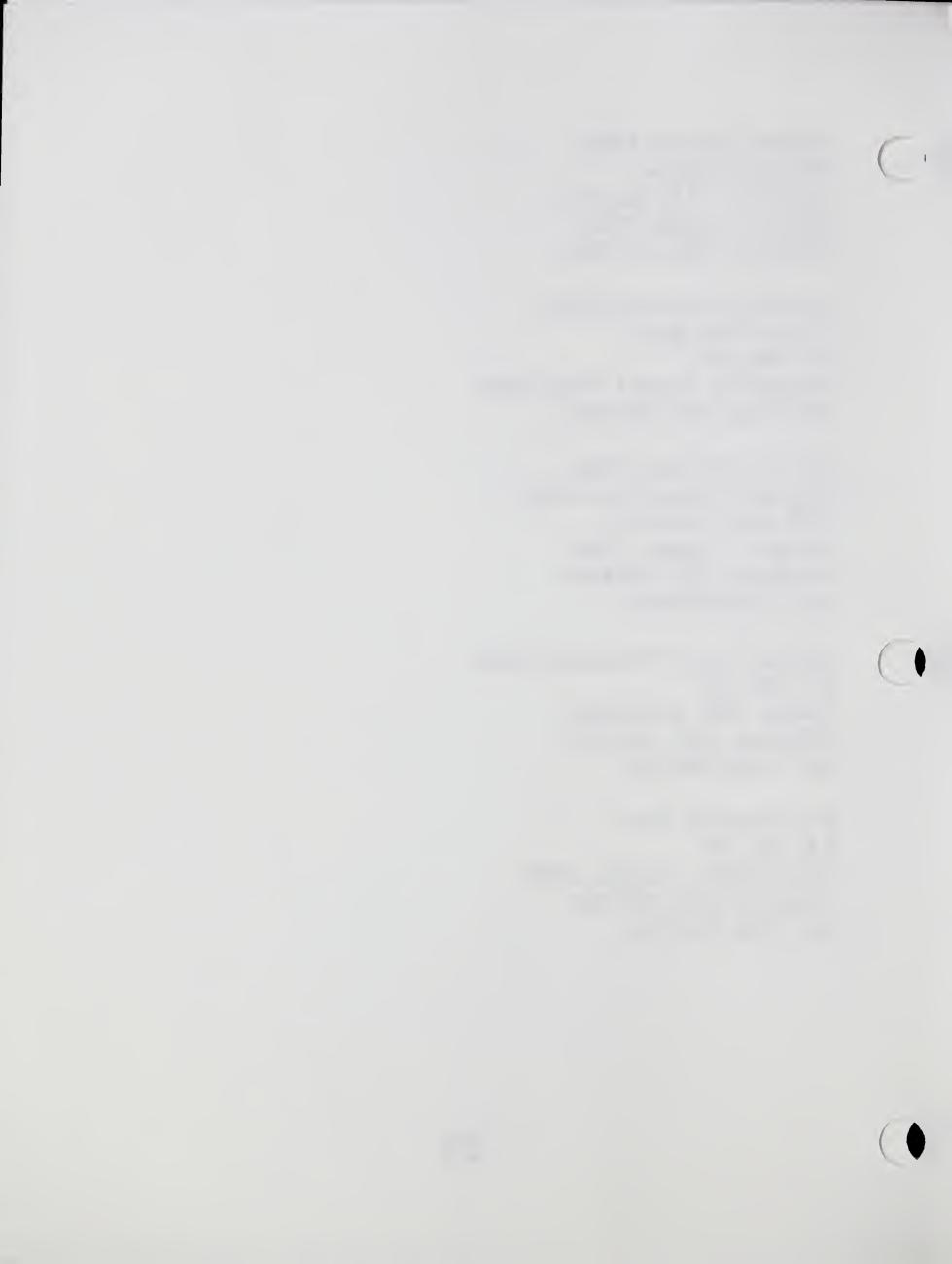
Appomattox Extension Office County Office Bldg. P.O. Box 488 Appomattox, Virginia 24522-0488 Telephone: (804) 352-8244

Arlington Extension Office Stonewall Jackson School Bldg. 3308 South Stafford St Arlington, Virginia 22206 Telephone: (703) 358-6400 Fax: (703) 358-6407

Augusta County Government Center P.O. Box 590 Verona, VBA 24482-0590 Telephone: (703) 245-5750 Fax: (703) 245-5621

Bath Extension Office P.O. Box 357 Warm Springs, Virginia 24484 Telephone: (703) 839-7261

Fax: (703) 839-7222



Bedford Extension Office 122 East Main Street Bedford, Virginia 24523-2097 Telephone: (703) 586-7675 Fax: (703) 586-0406

Bland Extension Office County Courthouse - 2nd Floor P.O. Box 69 Bland, Virginia 24315-0057 Telephone: (703) 688-3542

Botetourt Extension Office P.O. Box 217 Fincastle, Virginia 24090-0217 Telephone: (703) 473-8260

Brunswick Extension Office County Government Bldg., 2nd Floor 100-A Tobacco Street Lawrenceville, Virginia 23868-0105 Telephone: (804) 848-2151

Buchanan Extension Office County Administration Bldg. P.O. Box 1049 Grundy, Virginia 24614-1049 Telephone: (703) 935-6583 Fax: (703) 935-2852

Buckingham Extension Office Route 60 - P.O. Box 227 Buckingham, Virginia 23921-0227 Telephone: (804) 969-4261



Campbell Extension Office Library and Agriculture Bldg. P.O. Box 67 Rustburg, Virginia 24588-0067 Telephone: (804) 332-5161

Fax: (804) 332-7872

Caroline Extension Office 111-B Ennis Street P.O. Box 339 Bowling Green, Virginia Telephone: (804) 633-6550 Fax: (804) 633-4970

Carroll Extension Office Carter Building - 3rd Floor P.O. Box 668 Hillsville, Virginia 24343-0668 Telephone: (703) 728-7611 Fax: (703) 728-4938

Charles City Extension Office Courthouse Annex Bldg. P.O. Box 55 Charles City, Virginia 23030 Telephone: (804) 829-9241 Fax: (804) 829-5647

Charlotte Extension Office Agriculture Building P.O. Box 700 Charlotte, Virginia 23923-0700 Telephone: (804) 542-5884



Chesapeake Extension Office Agriculture Department 300 Cedar Road Chesapeake, Virginia 23320 Telephone: (804) 547-6348

Fax: (804) 547-6665

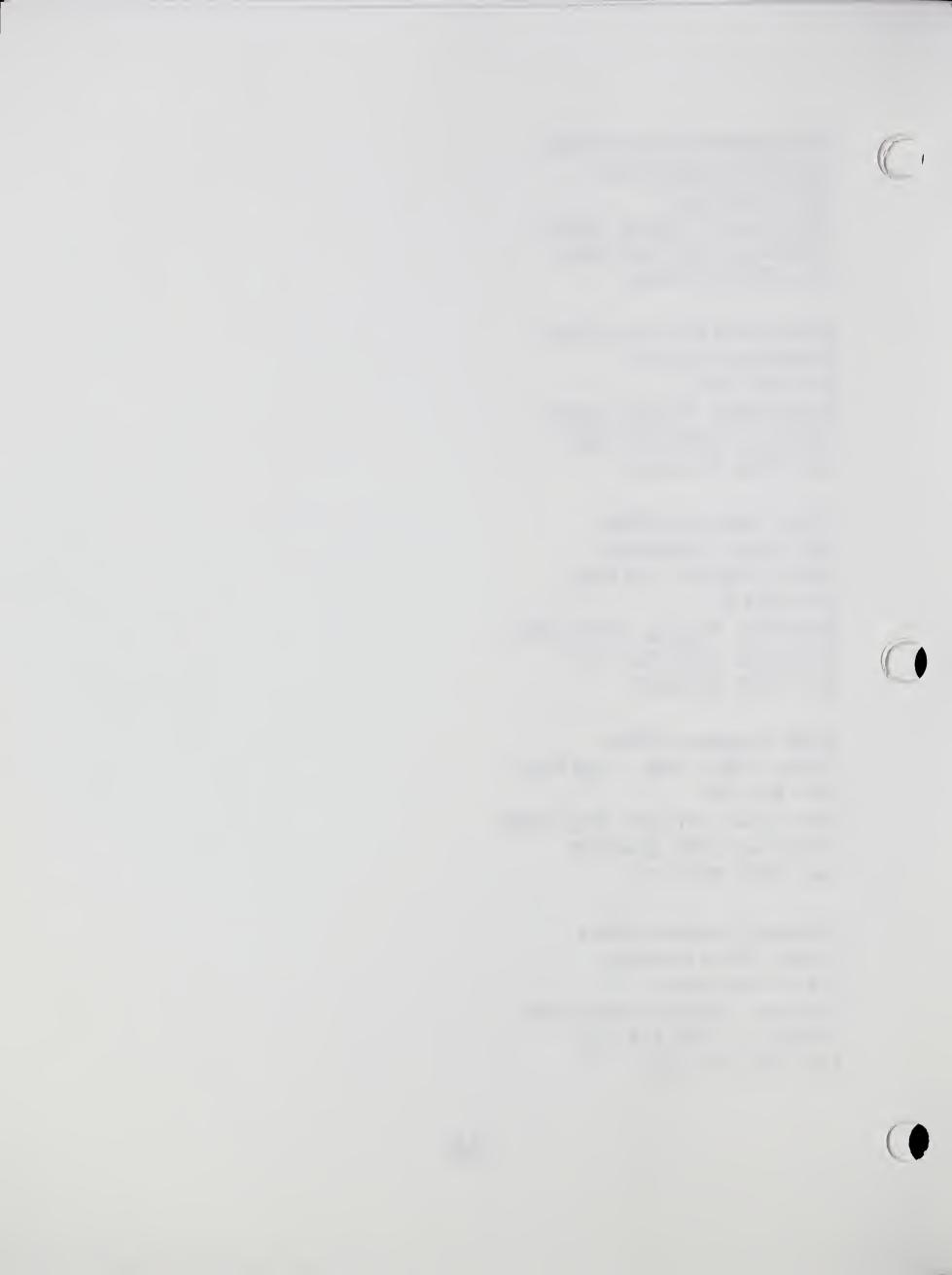
Chesterfield Extension Office Courthouse Complex P.O. Box 146 Chesterfield, Virginia 23832 Telephone: (804) 751-4401 Fax: (804) 751-0515

Clarke Extension Office Old County Courthouse 104 N. Church - 2nd Floor P.O. Box B Berryville, Virginia 22611-0591 Telephone: (703) 955-1131 Fax: (703) 955-4002

Craig Extension Office County Office Bldg. - 2nd Floor P.O. Box 267 New Castle, Virginia 24127-0267 Telephone: (703) 864-5812 Fax: (703) 864-6454

Culpeper Extension Office County Office Building 101 S. West Street Culpeper, Virginia 22701-3088 Telephone: (703) 825-2233

Fax: (703) 829-2027



Cumberland Extension Office Route 60 - P.O. Box 80 Cumberland, Virginia 23040-0080

Telephone: (804) 492-4390

Fax: (804) 492-9224

Danville Extension Office Library Building Patton Street Danville, Virginia 24541 Telephone: (804) 799-6558

Dickenson Extension Office
Public Library Building
Chase Street
P.O. Box 1160
Clintwood, Virginia 24228-1160
Telephone: (703) 926-4605
Fax: (703) 926-1649

Dinwiddie Extension Office County Courthouse Complex Dinwiddie, Virginia 23841-2384 Telephone: (804) 469-4514

Fax: (804) 469-4503

Essex Extension Office Old Southside Band Bldg. Cross Street North P.O. Box 849 Tappahannock, Virginia 22560 Telephone: (804) 443-3551



Fairfax Extension Office 12011 Government Center Parkway - 10th Floor.

Fairfax, Virginia 22035-1108 Telephone: (703) 324-5310

Fax: (703) 222-9788

Fauquier Extension Office County Office Building 14 Main Street Warrenton, Virginia 22186 Telephone: (703) 347-8650 Fax: (703) 349-1792

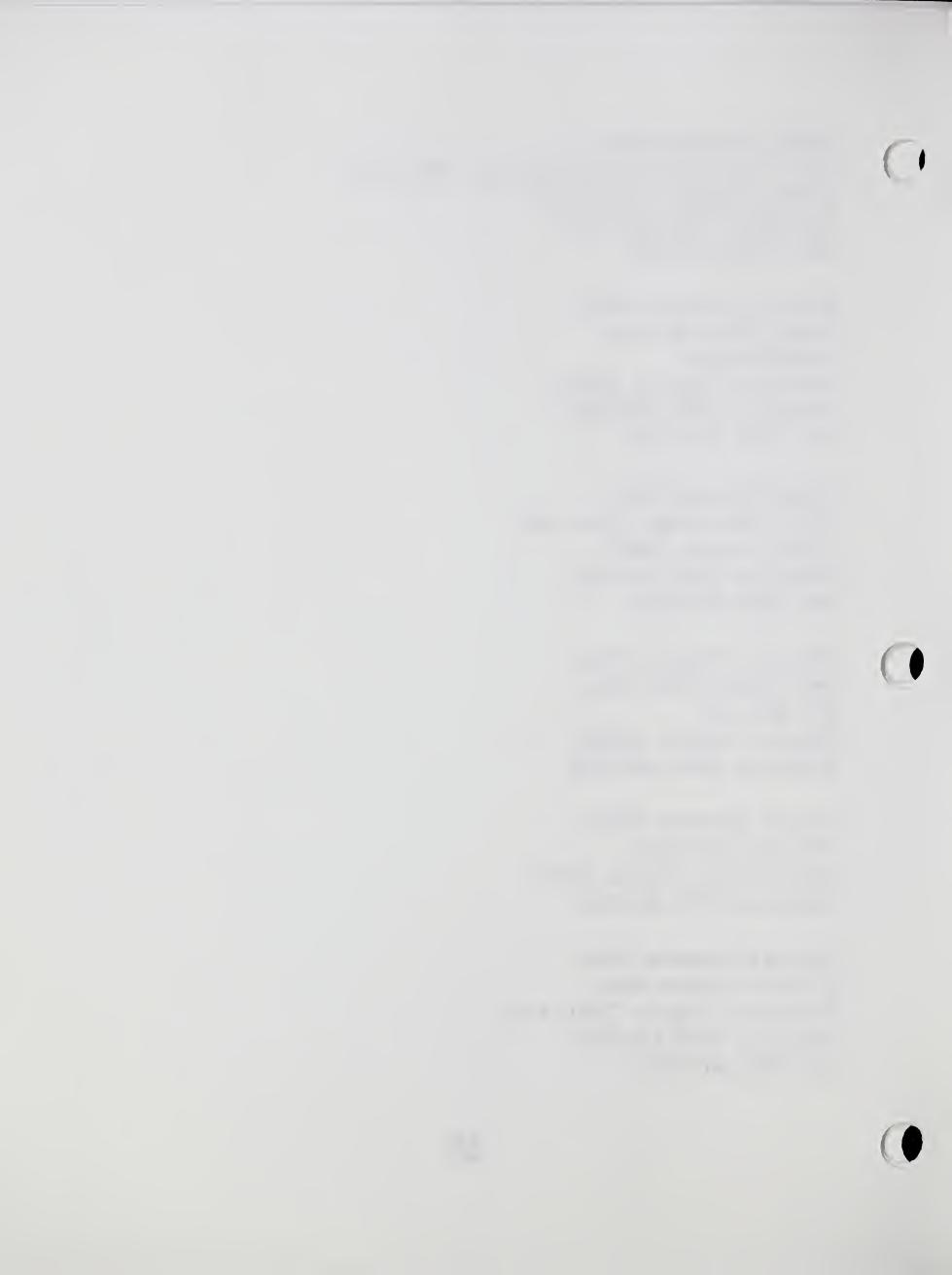
Floyd Extension Office 100 E. Main Street - Room 106 Floyd, Virginia 24091 Telephone: (703) 745-9307 Fax: (703) 745-9035

Fluvanna Extension Office New County Office Bldg. P.O. Box 133 Palmyra, Virginia 22963 Telephone: (804) 589-8122

Franklin Extension Office 128 East Court Street Rocky Mount, Virginia 24151 Telephone: (703) 483-5161

Frederick Extension Office 20 North Loudoun Street Winchester, Virginia 22601-4716 Telephone: (703) 665-5699

Fax: (703) 667-0370



Giles Extension Office 507 Wenonah Avenue - 2nd Floor Pearisburg, Virginia 24134 Telephone: (703) 921-3455

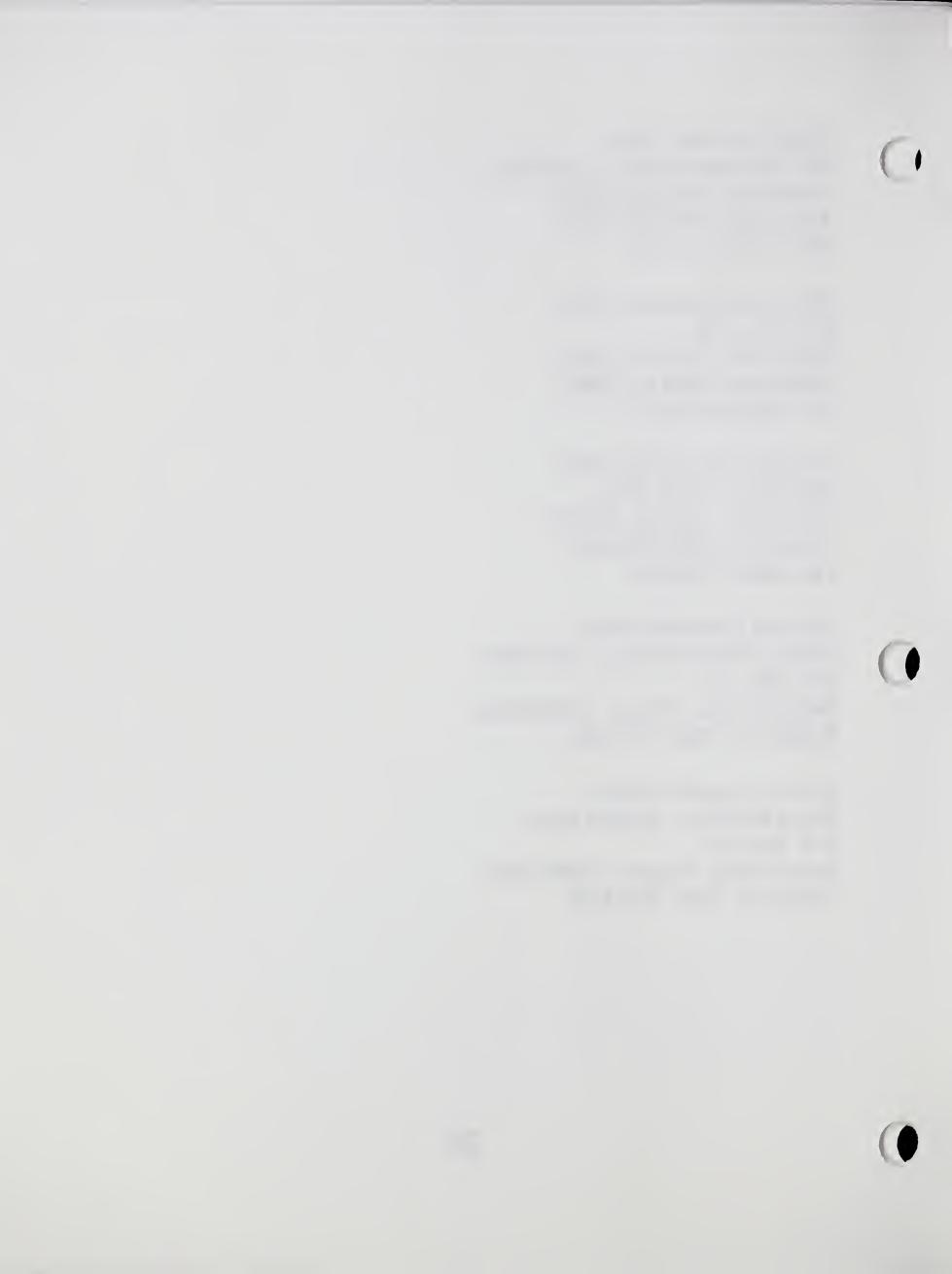
Fax: (703) 921-1846

Gloucester Extension Office P.O. Box 156 Gloucester, Virginia 23061 Telephone: (804) 693-2602 Fax: (804) 693-1477

Goochland Extension Office 2924 River Road, West Goochland, Virginia 23063 Telephone: (804) 556-5341 Fax: (804) 556-3144

Grayson Extension Office County Office Building - 2nd Floor P.O. Box 129 Independence, Virginia 24348-0129 Telephone: (703) 773-2491

Greene Extension Office Shank Building - Stanard Street P.O. Box 87 Stanardsville, Virginia 22973-0087 Telephone: (804) 985-5236



Greensville Extension Office 301 S. Main Street P.O. Box 975 Emporia, Virginia 23847-0975 Telephone: (804) 348-4223

Fax: (804) 348-4257

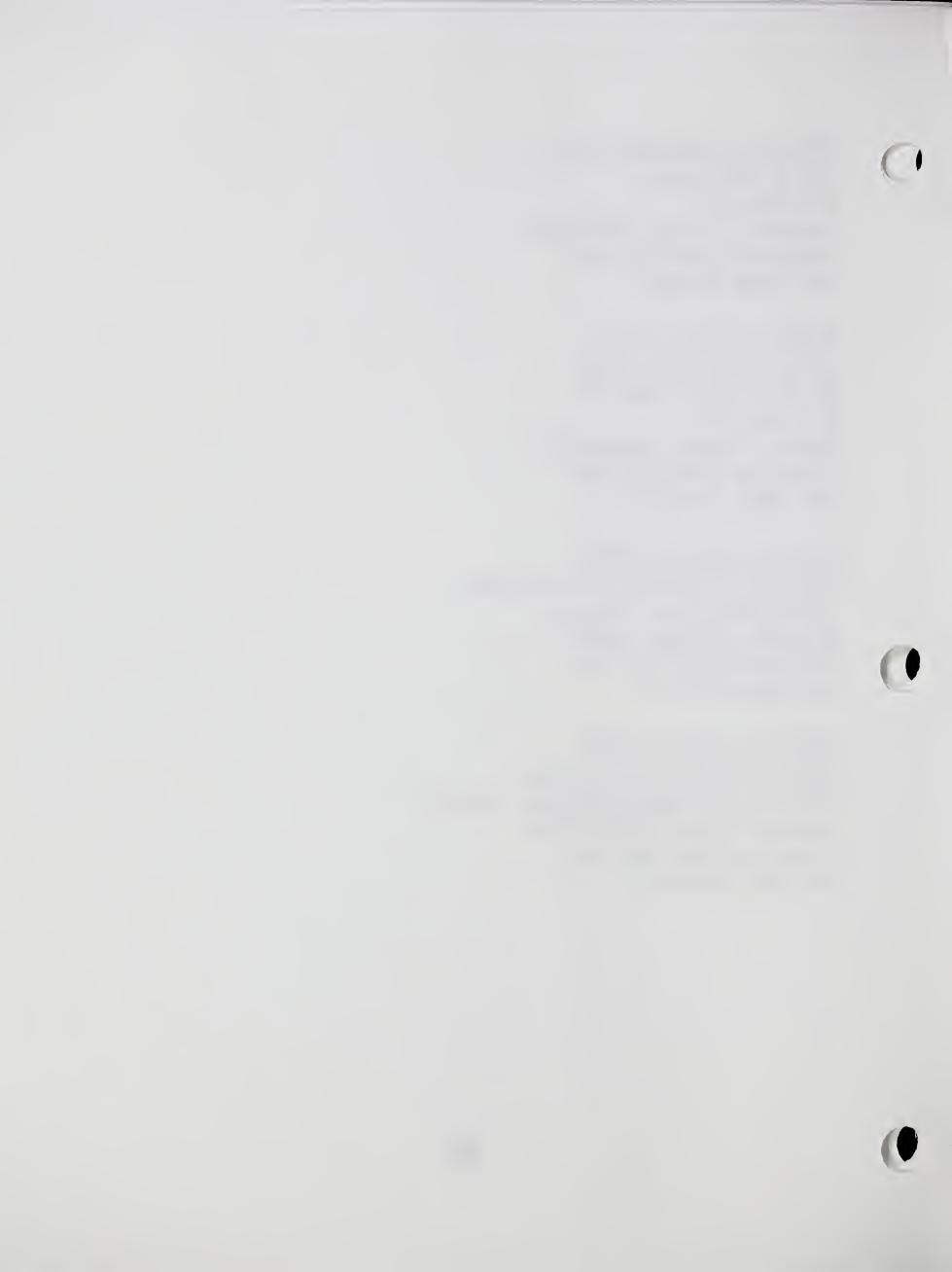
Halifax Extension Office Farm Service Center Bldg. Rt. 501, South - Main St P.O. Box 757 Halifax, Virginia 24558-0757 Telephone: (804) 476-2147 Fax: (804) 476-7777

Hampton Extension Office Hampton Community Services Center 1320 LaSalle Ave. - Room 6 Hampton, Virginia 23669 Telephone: (804) 727-1117

Fax: (804) 727-1177

Hanover Extension Office Hanover Human Service Center 505 South Washington Highway - Suite E Ashland, Virginia 23005-2314 Telephone: (804) 798-5124

Fax: (804) 798-6212



Henrico Extension Office Henrico County Human Services Bldg. 8600 Dixon Powers Drive P.O. Box 27032 Richmond, Virginia 23273 Telephone: (804) 672-5160

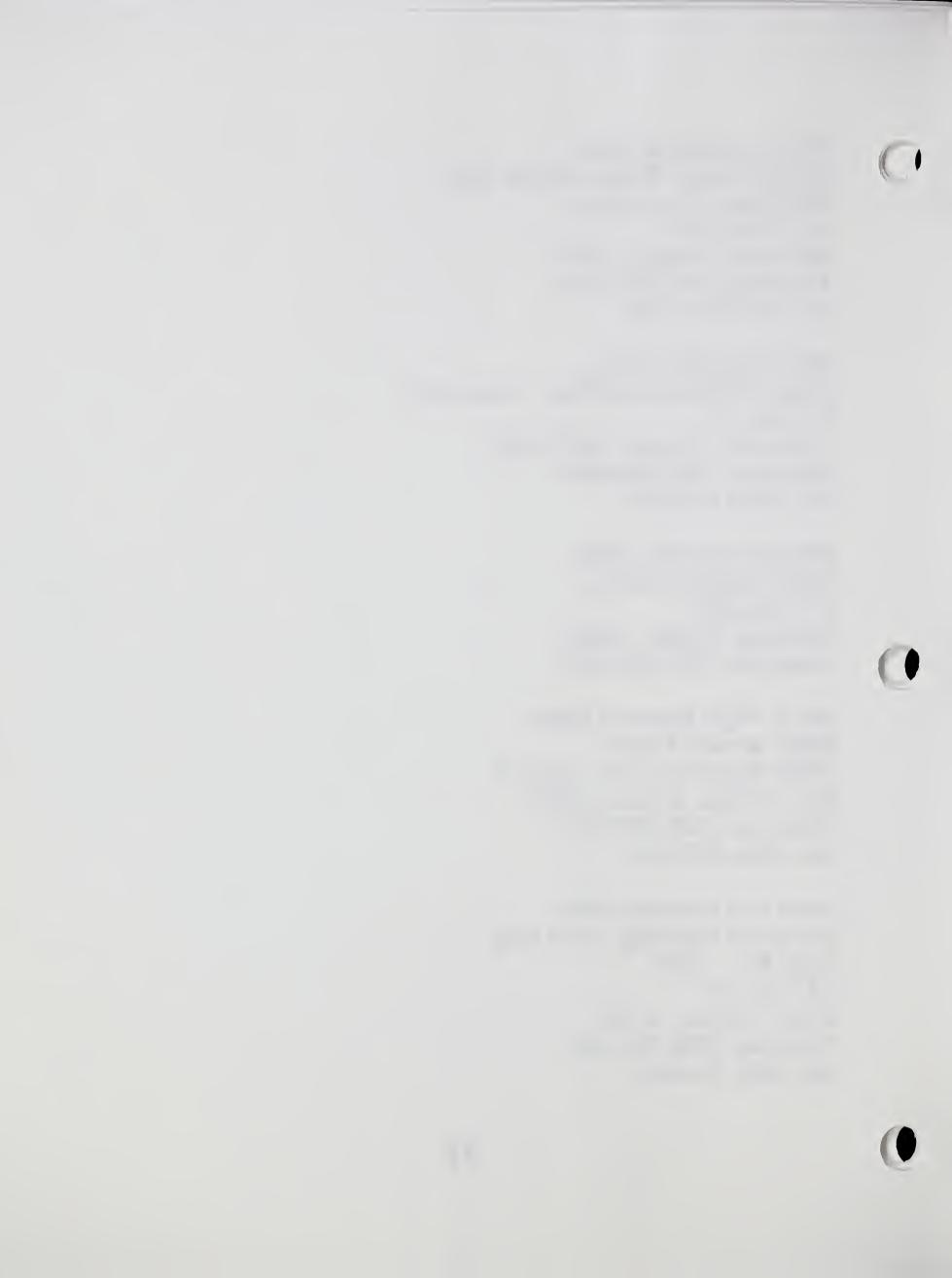
Fax: (804) 672-5169

Henry Extension Office County Administration Bldg. - Room 102 P.O. Box 7 Collinsville, Virginia 24078-0007 Telephone: (703) 634-4650 Fax: (703) 638-7970

Highland Extension Office Brick Courthouse Annex P.O. Box 528 Monterey, Virginia 24465 Telephone: (703) 468-2225

Isle of Wight Extension Office Public Services Center 17100 Monument Circle - Suite B Isle of Wight, Virginia 23397 Telephone: (804) 357-3191 Fax: (804) 357-9610

James City Extension Office Emergency Operating Center Bldg. Forge Rd. - #610 P.O. Box 69 Toano, Virginia 23168 Telephone: (804) 566-1367 Fax: (804) 566-8413



King and Queen Extension Office P.O. Box 68

King and Queen Courthouse, Virginia 23085-0068

Telephone: (804) 785-2962

Fax: (804) 785-3901

King George Extension Office P.O. Box 410 King George, Virginia 22485 Telephone: (703) 775-3062

King William Extension Office P.O. Box 65 King William, Virginia 23086-9737 Telephone: (804) 769-4955

Fax: (804) 769-4964

Lancaster Extension Office Courthouse - 2nd Floor P.O. Box 100 Lancaster, Virginia 22503 Telephone: (804) 462-5780

Lee Extension Office Courthouse Annex P.O. Box 10 Jonesville, Virginia 24263-0010 Telephone: (703) 346-1522 Fax: (703) 346-1537



Loudoun Extension Office Bank of Loudoun - 1st Floor 30 B Catoctin Circle S.E. Leesburg, Virginia 22075-3612 Telephone: (703) 777-0373

Fax: (703) 771-5844

Louisa Extension Office Courthouse - 3rd Floor Main Street P.O. Box 399 Louisa, Virginia 23093-0399 Telephone: (703) 967-3422 Fax: (703) 967-3411

Lunenburg Extension Office Agriculture Service Center Bldg. 116 Commerce Street P.O. Box 540 Kenbridge, Virginia 23944-0540 Telephone: (804) 676-2497

Lynchburg Extension Office Old Janet Snead School 301 Grove Street P.O. Box 2286 Lynchburg, Virginia 24501-2286 Telephone: (804) 847-1585



Madison Extension Office War Memorial Building - 2nd Floor Hwy. 29 Business P.O. Box 10 Madison, Virginia 22727-0010 Telephone: (703) 948-6881

Fax: (703) 948-6883

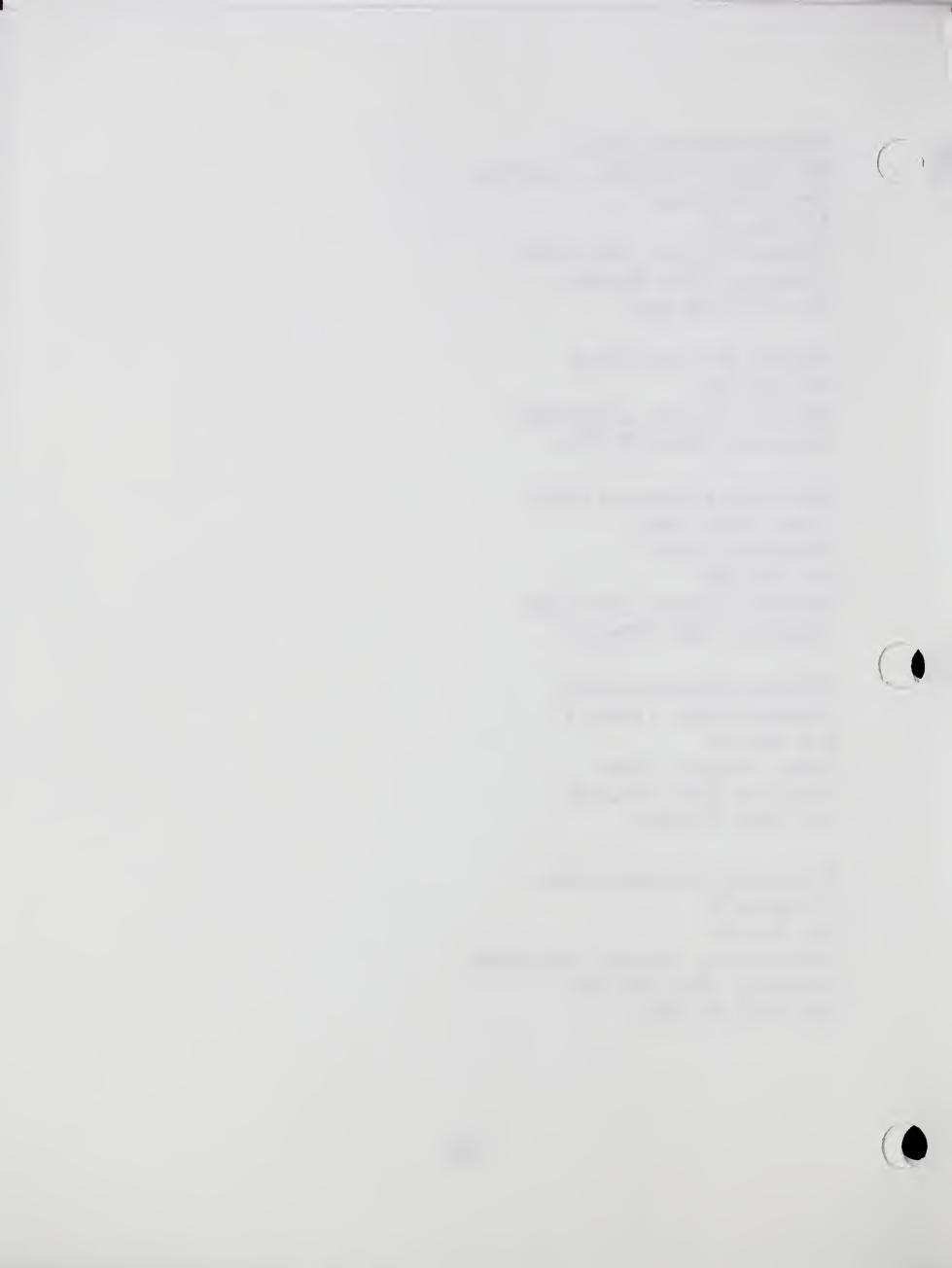
Mathews Extension Office P.O. Box 569 Mathews, Virginia 23109-0569 Telephone: (804) 725-7196

Mecklenburg Extension Office County Office Bldg. Washington Street P.O. Box 420 Boydton, Virginia 23917-0420 Telephone: (804) 738-6191

Middlesex Extension Office Woodward Bldg. - Room 9 P.O. Box 96 Saluda, Virginia 23149 Telephone: (804) 758-4120 Fax: (804) 758-0061

Montgomery Extension Office 3 Franklin St. P.O. Box 90 Christiansburg, Virginia 24073-0090 Telephone: (703) 382-5790

Fax: (703) 382-6943



Nelson Extension Office P.O. Box 298 Lovingston, Virginia 22949-0298 Telephone: (804) 263-4035

Fax: (804) 263-4135

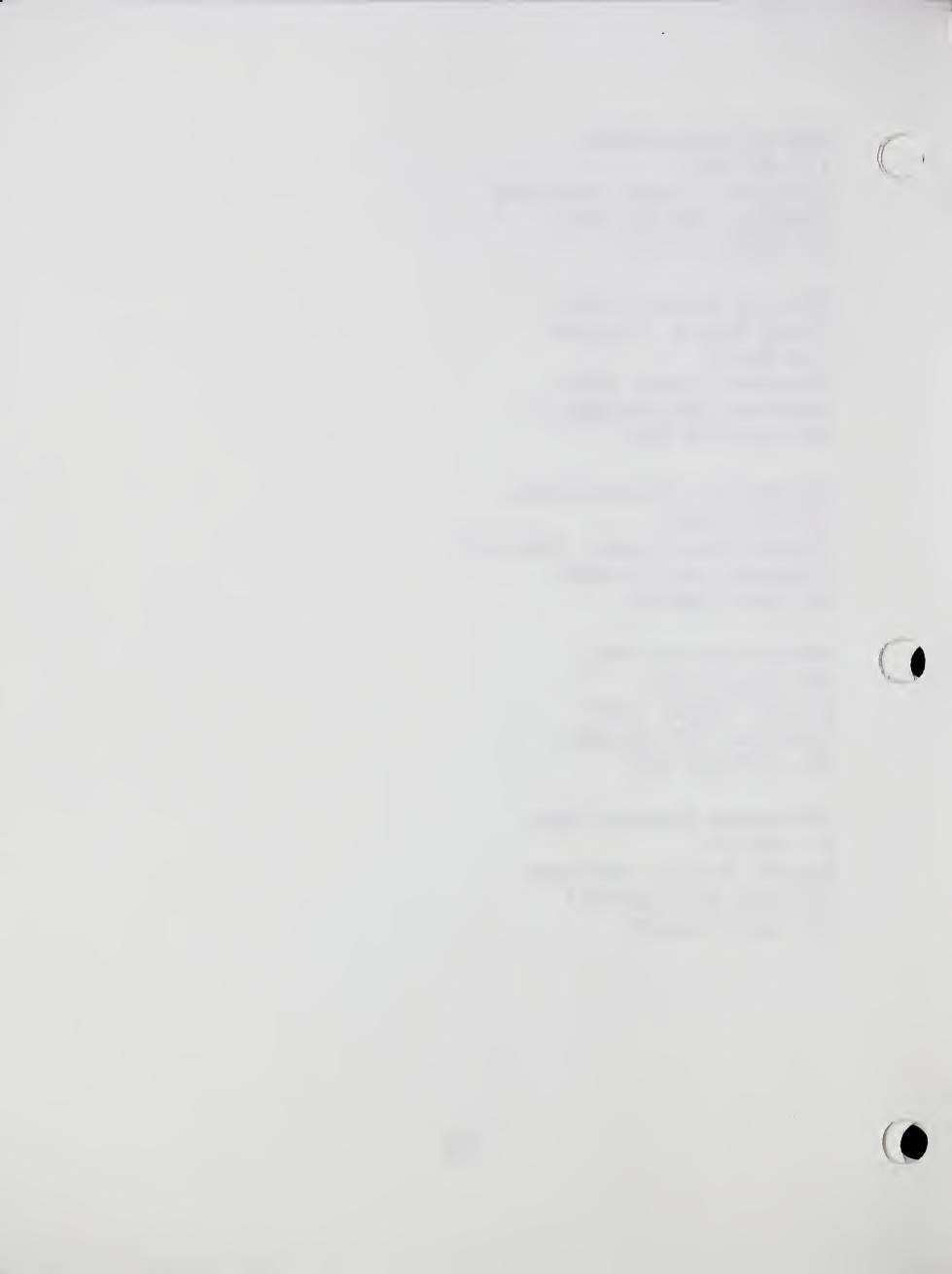
New Kent Extension Office County Building - Basement P.O. Box 80 New Kent, Virginia 23124 Telephone: (804) 966-9645 Fax: (804) 966-5013

Newport News Extension Office 108 Main Street Newport News, Virginia 23601-4197 Telephone: (804) 591-4838

Fax: (804) 596-2057

Norfolk Extension Office 401 Colley Avenue Norfolk, Virginia 23507 Telephone: (804) 683-2816 Fax: (804) 683-8878

Northampton Extension Office P.O. Box 457 Eastville, Virginia 23347-0457 Telephone: (804) 678-0453 Fax: (804) 678-0483



Northumberland Extension Office Route 360 P.O. Box 400 Heathsville, Virginia 22473-0400 Telephone: (804) 580-5694

Nottoway Extension Office Nottoway Courthouse Nottoway, Virginia 23955 Telephone: (804) 645-9315

Orange Extension Office 155 Newton St. P.O. Box 30 Orange, Virginia 22960 Telephone: (703) 672-1361

Page Extension Office County Office Bldg. - 2nd Floor 101-105 South Court Street Luray, Virginia 22835-1298 Telephone: (703) 743-5794

Patrick Extension Office County Administration Bldg. P.O. Box 408 Stuart, Virginia 24171-0408 Telephone: (703) 694-3341

Petersburg Extension Office 400 Farmer Street Suite 218 Petersburg, Virginia 23803 Telephone: (804) 733-1880



Pittsylvania Extension Office Agricultural Service Center Main and Center Streets P.O. Box 398 Chatham, Virginia 24531-0398 Telephone: (804) 432-2041

Powhatan Extension Office
Powhatan County Administration Bldg.
3872 Old Buckingham Road
P.O. Box 249
Powhatan, Virginia 23139-0249
Telephone: (804) 598-5640

Fax: (804) 598-5877

Prince Edward Extension Office Courthouse Annex 125 South St. P.O. Box 322 Farmville, Virginia 23901-0322 Telephone: (804) 392-4246 Fax: (804) 392-6683

Prince George Extension Office Human Services Bldg. - 2nd Floor 6450 Courthouse Rd. Prince George, Virginia 23875 Telephone: (804) 733-2686 Fax: (804) 733-5542

Prince William Extension Office 8033 Ashton Avenue - Suite 105 Manassas, Virginia 22110 Telephone: (703) 792-6285 Fax: (703) 361-8989



Pulaski Extension Office Pulaski Administrative Bldg. 143 Third Street, N.W. Pulaski, Virginia 24301-4999 Telephone: (703) 980-7761

Fax: (703) 980-2982

Rappahannock Extension Office Washington Arts Bldg. - 2nd Floor Gay St. P.O. Box 119 Washington, Virginia 22747 Telephone: (703) 675-3619

Fax: (703) 675-3232

Richmond City Extension Office
East End Social Service Ctr. - Rm 104
701 N. 25th Street
Richmond, Virginia 23223
Telephone: (804) 786-4150
Fax: (804) 786-7718

Richmond County Extension Office County Building - 1st Floor Court Green P.O. Box 152 Warsaw, Virginia 22572 Telephone: (804) 333-3420



Roanoke City Extension Office Colonial Hills Building 2728 Colonial Ave., S.W. - Suite 10 Roanoke, Virginia 24015-3836 Telephone: (703) 857-7915

Fax: (703) 857-7241

Roanoke County Extension Office Roanoke College 962 Kime Lane P.O. Box 1849 Salem, Virginia 24153-1849 Telephone: (703) 387-6113

Rockbridge Extension Office County Office Bldg. 150 S. Main Street P.O. Drawer 897 Lexington, Virginia 24450 Telephone: (703) 463-4734 Fax: (703) 463-5981

Rockingham Extension Office County Administration Center 30 East Gay Street Harrisonburg, Virginia 22801-4108 Telephone: (703) 564-3080

Russell Extension Office Main Street P.O. Box 697 Lebanon, Virginia 24266-0697 Telephone: (703) 889-8056 Fax: (703) 889-8075



Scott Extension Office County Courthouse - 2nd Floor 104 E. Jackson St - Suite 7 Gate City, Virginia 24251 Telephone: (703) 386-7574

Seafood Extension Unit 102 S. King St. P.O. Box 369 Hampton, Virginia 23669-0369 Telephone: (804) 727-4861 Fax: (804) 727-4871

Shenandoah Extension Office School Administration Bldg. - 2nd Floor 403 W. Court Street P.O. Box 390 Woodstock, Virginia 22664-0390 Telephone: (703) 459-6140 Fax: (703) 459-6147

Smyth Extension Office Old Marion Elementary School Bldg. - 1st Floor Strother Street P.O. Box 510 Marion, Virginia 24354-0510 Telephone: (703) 783-5176

Southampton Extension Office County Office Complex 21300 Plank Rd. P.O. Box 10 Courtland, Virginia Telephone: (804) 653-2572 Fax: (804) 653-2849



Spotsylvania Extension Office Courthouse Building - 2nd Floor Route 208 P.O. Box 95 Spotsylvania, Virginia 22553-0095 Telephone: (703) 582-7096

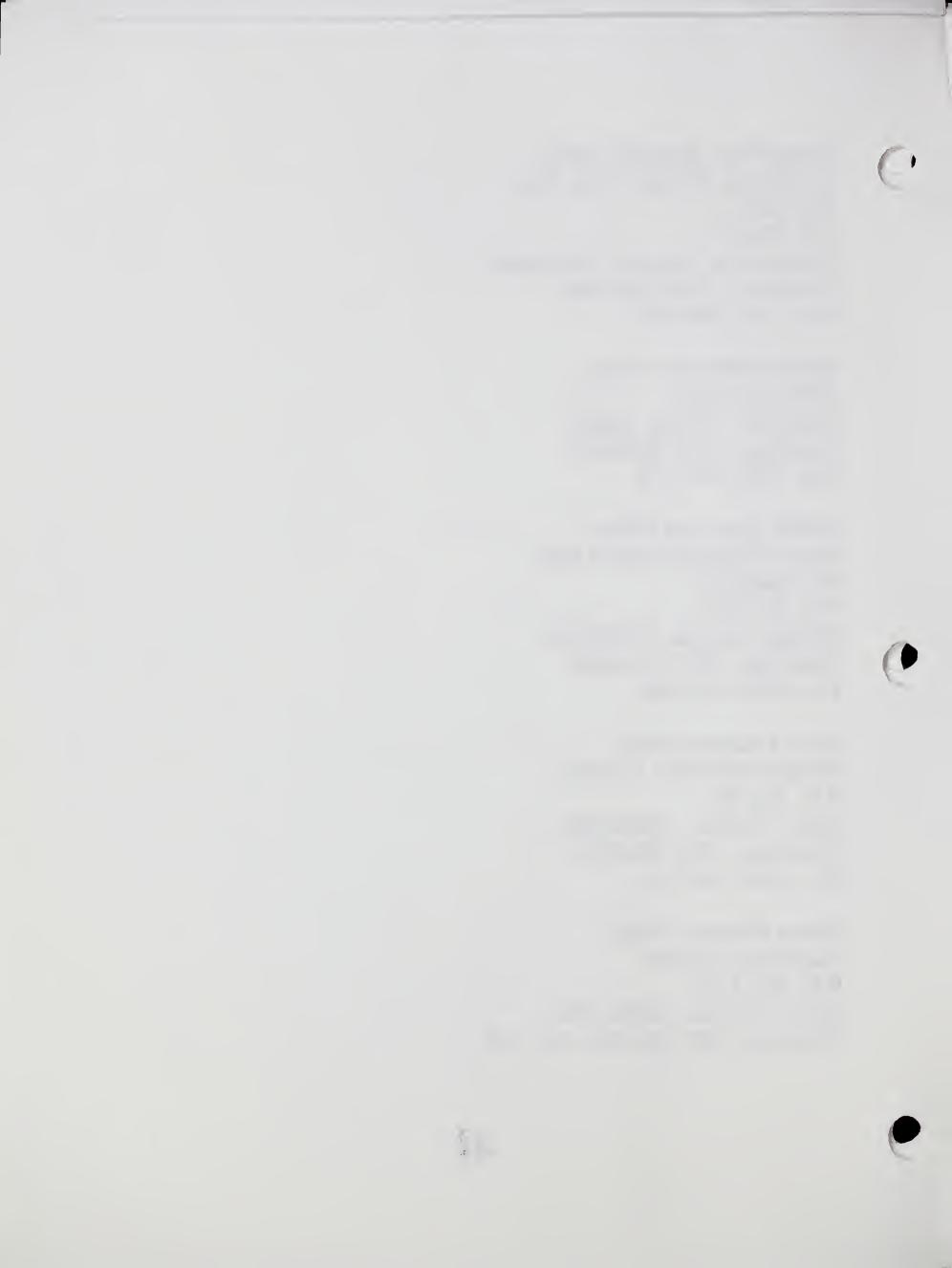
Fax: (703) 582-2158

Stafford Extension Office 359 Butler Road Falmouth, Virginia 22405 Telephone: (703) 899-4020 Fax: (703) 899-4972

Suffolk Extension Office Human Resources Center Bldg. 440 Market St. P.O. Box 218 Suffolk, Virginia 23439-0218 Telephone: (804) 925-6409 Fax: (804) 925-6386

Surry Extension Office Government Office Complex P.O. Box 205 Surry, Virginia 23883-0205 Telephone: (804) 294-5215 Fax: (804) 294-5111

Sussex Extension Office Courthouse Complex P.O. Box 1308 Sussex, Virginia 23884-1308 Telephone: (804) 246-5511 Ext. 212



Tazewell Extension Office Courthouse Annex P.O. Box 229 Tazewell, Virginia 24651-0229 Telephone: (703) 988-7541

Fax: (703) 988-4246

Virginia Beach Extension Office Department of Agriculture Municipal Center - City Hall Virginia Beach, Virginia 23456-9002 Telephone: (804) 427-4769 Fax: (804) 426-5684

Warren Extension Office 912-A Warren Avenue Front Royal, Virginia 22630-3495 Telephone: (703) 635-4549

Washington Extension Office 468 E. Main Street - Suite 114 Abingdon, Virginia 24210-3408 Telephone: (703) 628-2161

Westmoreland Extension Office County Building P.O. Box 8 Montross, Virginia 22520 Telephone: (804) 493-8924

Fax: (804) 493-8501

Wise Extension Office School Board Office Complex County Road 640, Hurricane Rd. P.O. Box 1156 Wise, Virginia 24293-1156 Telephone: (703) 328-3699

Fax: (703) 328-5902

Wythe Extension Office Wythe County Office Bldg. - 2nd Floor Wytheville, Virginia 24382-2596 Telephone: (703) 223-6040

York Extension Office Circuit Courthouse - Basement 301 Main Street P.O. Box 532 Yorktown, Virginia 23690-0532 Telephone: (804) 890-3730

Fax: (804) 890-3689

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